

Fitness Class Description

Spin: A high intensity, non-impact cardiovascular workout. 45 minutes of cycling, includes warm-up and cool down.

Cardio Interval: Cardio Interval is a fitness class that incorporates intervals of intense cardiovascular training mixed with compound movements using free weights!

Power Shop: Strengthen, tone and sculpt your muscles using step bench and weights. The latest in resistance training.

S3: Spin, Strength, Stretch. (Morning class 1.25) Begin class with 30 min. of spinning, 30 min. of weight training and end class with 15 min. of yoga stretches. (Evening class 60min) 30 min of spinning, 20 min of weight training, 10 min of stretch.

Mat Pilates: The principals of Pilates—focus on flexibility, balance, core strength and breathing. Uses body weights accompanied by exercise equipment.

Zumba Interval: The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Core Body Training: A total body strength training program with core being the main focus. The class will use light dumbbells and body weight, to help strengthen and tone the body head to toe. Work will be done standing and in the mat.

Yoga: Tap into your unlimited potential, access your inner peace and achieve balance, strength and flexibility through yoga poses.

Yoga Vinyasa: This flow style yoga links together strengthening & stretching poses. This practice increases not only fitness level, but improves flexibility & alleviates stress & tension.

Hatha Yoga: This style of yoga focuses on taking the time to discover the proper alignment for each pose. Attention given to breathing technique, form and strength.

Gentle Yoga: Class focus is on the foundations of yoga, offering a wider range of modification for each pose. Excellent for tennis players and seniors.