



CLASS DESCRIPTIONS

MIND & BODY

Vinyasa Yoga: A creative variation based on the principles of Ashtanga, Vinyasa means flow and unites breathing and postures. It can provide some aerobic components while improving strength, balance and coordination. Yoga experience suggested.

Power Yoga: Practicing a mixture of postures that will energize in a fun & dynamic way. This class invigorates, strengthens and adds overall flexibility.

Restorative Yoga: A relaxing yoga practice where poses are held for a longer duration creating a deeper release and stretch in the body. Aids in increasing flexibility and calming of the mind.

Yoga Stretch: Dynamic, static stretching which will energize the body, improve flexibility, strength and overall health.

Pilates Core: Using the basic Pilates principles to build strength and flexibility with a focus on deep abdominal, hips, lower back and spinal alignment.

Beginners Pilates Matwork: A workout to develop leaner muscles, establish core strength and stability while heightening mind & body awareness.

BODYBALANCE®: A workout which combines Yoga, Tai Chi, and Pilates moves that builds flexibility and strength while leaving you feeling centered and calm. A holistic workout to bring the body into a state of harmony and balance.

Dynamic Yoga: Flowing asanas (postures) combined with breathing technique to improve balance, flexibility and strength.

Pilates Circuit: Applying fundamental Pilates principles to improve muscle tone and balance, while working with small pieces of equipment.

Beginners Hatha Yoga: Gentle, basic flow class focusing on stretching, breathing exercises and relaxation techniques. A great class if you are new to Yoga.

Ashtanga Yoga: The origin of all flow yoga, this detoxifying class joins breath (prana) with movement as it creates heat in the body. Building strength, balance, flexibility and stamina, Ashtanga will calm the central nervous system. Yoga experience suggested.

STRENGTH & MUSCLE CONDITIONING

BODYPUMP®: The original barbell class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls.

FUNCTIONALFIT: A strength and conditioning class targeting your core muscles, challenging body movement through working on your balance, agility and mobility. For all levels to help build a strong foundation and ends with deep stretches to improve flexibility.

AQUATICS

Deep Water Running: Experience the added resistance that exercising in water provides. An upper and lower body workout that is both cardiovascular and strength training but without impact.

OTHERS

Total Body Conditioning (TBC): A combination of aerobic conditioning and muscle toning which incorporates components of a variety of class styles such as Step and Body Sculpt. Great for an overall body workout.

AEROBICS / CARDIOVASCULAR CONDITIONING

Indoor Cycling: Using special stationary bikes, the focus can switch between endurance, strength, speed and recovery. Low impact, but high intensity.

BODYCOMBAT®: A martial arts inspired workout to strike, punch, kick and kata your way through. Incorporates concepts from karate, boxing, taekwon do, tai chi and muay thai.

Zumba® Fitness: A dance-fitness class of exotic rhythms set to high-energy Latin and international beats. Lose yourself in the music and dance your way into shape!

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Join our Group Fitness classes and experience this unique workout.

R.I.P.P.E.D. is a "One Stop Body Shock", a plateau proof fitness formula that helps you to achieve continuity, consistency and challenge in every R.I.P.P.E.D. class. This total body, high intensity style program utilizes free weights, resistance and body weight.

Please sign up for Group Fitness classes 30 minutes prior to the start time at the Sports Counter.

All Group Fitness Classes are 55 minutes long with the exception of Cycle classes which are 50 minutes.