

# CLASS DESCRIPTIONS



## **BollyX®**

A Bollywood-inspired dance fitness program that combines dynamic choreography and intensive workouts.

## **Chair Fitness**

This chair-based class will combine strengthening, balance and flexibility exercises with the use of a chair for both seated and standing movements. Participants will use light dumbbells or something else that has weight.

## **Enhance Fitness**

Geared towards older adults of all fitness levels. If you have a chronic condition such as arthritis, you may be able to gain more strength and independence. Classes may utilize light hand weights.

## **Fit for Life**

Includes cardiovascular, strength and flexibility designed so participants establish their own goals, for people of all ages and levels. Participants will utilize light hand weights or something else that you can hold that has weight.

## **Pilates & Stretch**

A body conditioning routine that helps build flexibility, muscle strength & endurance in the legs, abdominals, arms, hips and back, with emphasis on spinal and pelvic alignment, breathing & developing a strong core/center and improves coordination and balance.

## **Pranayama Deep Breathing**

A deep breathing technique proven to lower stress in the body, calm down and relax. Learn deep breathing to help reduce anxiety and tension.

## **Serenity, Power & Strength**

A combination of balance, endurance and strength for the total body, infused with yoga postures.

## **Stretch & Tone**

Class includes strengthening and flexibility exercises to ease the body and mind. Modifications offered to all fitness levels.

## **STRONG Nation™**

STRONG Nation™ Combines body weight, muscle conditioning, cardio and plyometric training through a high intensity tempo training, moves are synced to original music.

## **Total Body**

A fusion of cardiovascular strength and flexibility exercise that focuses on the entire body.

## **Total Body HIIT**

HIIT (high intensity interval training) utilizes short intervals of anaerobic exercise with recovery periods to improve cardiovascular endurance, strength, flexibility and balance to work your whole body. You will need dumbbells or something else that you can hold in your hands with weight.

## **Yoga**

Increases flexibility and builds strength through various poses and postures while promoting harmony of mind, body and spirit. It helps improve posture, rejuvenate energy levels, relieve stress and reduce fatigue and/or chronic pain.

## **Zumba®**

Classes feature exotic rhythms set to high energy Latin and international beats.

## **Unwind**

A combination of gentle standing fluid-motion and low-impact mat exercises designed to strengthen your core, increase spinal mobility and relieve muscle tightness.