



**Please make sure to bring layers to class, particularly the relaxation classes; a robe, a long sleeve shirt, socks, etc.**

**Boot Camp Cardio:** High energy intervals of toning with cardio. (CV,S, E)  
**45 minutes, I/A intensity**

**Gentle Yoga:** Learn techniques for gentle Yoga and breathing exercises for relaxation and meditation. This enhances creativity, tranquility and energizes the body. (E,F,R)  
**60 minutes B / I / A intensity**

**QiGong/T'ai Chi:** An ancient Chinese form of gentle exercise, which brings meditation through movement. Relaxed, fluid motions enhance balance, endurance, clarity and the calm necessary for optimum health and harmony. (F,R)  
**60 minutes, B / I / A intensity**

**Pilates Core:** A mind/body class integrating Pilates and Yoga with emphasis on alignment and breathing. (E,F,R,S)  
**45 minutes, I / A intensity**

**Pilates Mat Class:** Based on J. Pilates, to develop core strength and flexibility. (E,F,R) **45 minutes, I / A intensity**

**Seated Cycle Core & More: Early arrival is advised for bike and prop set-up.** Intermittently on and off the cycling bike using light weights and body weight. Focus on balance, core stability and strength thru movements in all planes, while keeping cadence(CV,E,R,S)  
**50-minutes, B / I / A intensity**

**Standing Core:** Lengthen and lean your core using a variety of fitness equipment, all while enhancing your balance. (E,F,R) **45 minutes, B / I intensity**

**Stretch and Relax:** At the end of a morning of working out don't miss this vital element. Use various stretching techniques to improve joint and muscle range of motion. (F,R)  
**45 minutes, B / I intensity**

**Stretch at the Wall:** Legs up the Wall is restorative relaxation as inversion. It allows the mind and body to relax, relieving stress and tension. Inversions can have many benefits including increasing circulation, improving digestion, improving sleep, and helping blood flow away from the lower limbs to help relieve swollen ankles and tired, achy feet. (F,R)  
**45 minutes, B / I intensity**

**Total Body Conditioning:** A muscular toning class utilizing tubing and weights, the bar and floor work to strengthen the muscles of the entire body. (E,S)  
**45 minutes, I / A intensity**

**COMPONENTS OF FITNESS**

- CV** Cardiovascular/Aerobic
- E** Muscular endurance
- F** Flexibility
- R** Relaxation
- S** Muscular strength

**Water Blast:** A combination of aerobic and workout in the water using the Water equipment and the body at various speeds to create challenging resistance. (E,S)  
**55 minutes, B / I intensity**

**Water Blast/Aqua Yoga:** A combination of Water Blast and Yoga in the water. A nice blend of workout and a graceful, flowing practice melding Yoga, stretch and other modalities. Perfect for those who want to reap the benefits of Yoga but may find land Yoga difficult. (E,S)  
**55 minutes, B / I intensity**

**Water ZUMBA:** Aqua Zumba is a safe, challenging, fun, high energy, low-impact workout. (CV,F)  
**50 minutes, B / I / A intensity**

**Yogalates and Meditation:** A mind/body class integrating Yoga and Pilates movements with emphasis on alignment and breathing. (F,R,S)  
**50 minutes, B / I intensity**

**ZUMBA Dance:** Tone and condition your body with a high energy, Latin-based, low-impact workout. (CV,F)  
**50 minutes, B / I / A intensity**

**CLASS INTENSITY:**

- B** Beginner
- I** Intermediate
- A** Advanced

**November 2021**