Spring 2016 Class Descriptions

(January 12th – April 25th, 2016)

No classes January 18th (MLK Day), March 7-11th (Spring Break)

*Please see schedule for current class times and locations*

**MIND & BODY**

**Yoga:** A classical Hatha yoga practice emphasizing traditional asanas (postures) & pranayama (breath work) while also providing a meditative practice. Focus on flexibility, strength, relaxation, devotion & personal growth. Long holds & floor work.

**Iyengar Yoga:** A form of Hatha yoga focused on precise physical alignment in yoga postures. Classes are designed to deepen students' understanding & experience of yoga in a gradual & systematic way, waking up & enlivening dormant aspects of the human body.

**Pilates:** A challenging class that uses mind-body exercises to stretch & strengthen muscles. Pilates focuses on the abdominal powerhouse & works the rest of the body through the core connection. All exercises have prep, beginner & intermediate options, allowing work at individual levels.

**Power Yoga:** A total body workout designed to tone & sculpt every major muscle group; this intense, but easy to follow yoga program will push your strength & flexibility to new yoga heights!

**Flow Yoga:** Get your day started off right with this all-levels, hour long class that promotes the body-mind connection while promoting muscular strength, endurance, & flexibility.

**Vinyasa Yoga:** This all-levels vinyasa yoga class challenges yogis while offering the freedom to explore, modify & intensify postures & sequences. Each class includes a strong mix of postures structured around a yoga flow sequence that will strengthen & stretch your body & mind.

**Yin Yoga:** This class stretches muscles & tissues, while improving range of motion & cultivating an integration between body & mind. In this class, yoga poses are held for as long as 2-3 minutes to allow the muscles to stretch, the body to relax & the mind to find a sense of calm & inner peace.

**Yoga/Core 101:** In this class, yoga poses are focused on increasing flexibility and range of motion. You will also be given all the tools you need to learn how to strengthen the essential muscle groups of your core!

**DANCE**

**BollyX:** A Bollywood-inspired dance-fitness program combining dynamic choreography with the hottest music from around the world. The workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated all at the same time. Get ready to feel that muscle burn and unleash your inner swagger!

**Hip Hop Fuego (HHF):** Who says that cardio has to be boring? Fuego is Spanish for FIRE! Heat up in this 50 minute dance party that combines hip hop & Latin rhythms! This high energy dance class burns over 500 calories!

**Zumba:** A dance fitness class with vibrant music that combines interval low impact training with exhilarating Latin rhythms. Learn the latest Latin steps, creating an exciting & fun aerobic workout. Zumba® rhythms & moves burn calories & tone your entire body!

**Hip Hop Fuego (HHF) & Tone:** Looking to burn calories & tone up at the same time? Hip Hop Fuego & Tone is the perfect combination of dance, cardio & sculpting. Arms, legs, abs...get ready to be swimsuit ready all year long!

**Latin Rhythms:** This Latin inspired dance fitness class combines interval training with exhilarating Latin rhythms. Learn the latest steps, creating an exciting & fun aerobic workout. Burn calories & tone your entire body!

**ZumbaX:** A dance fitness class with vibrant music that combines interval low impact training with exhilarating Latin rhythms. Learn the latest Latin steps, creating an exciting & fun aerobic workout. Zumba® rhythms & moves burn calories & tone your entire body!

**CARDIO & STRENGTH**

**Aqua Fit:** Join our pool party! Get your heart pumping and muscles burning as you move through the water & improve your fitness with a splash!

**Body Blast:** This fun and exciting class keeps you engaged through varied styles of cardio and strength exercises for a total body blast targeting your glutes, hips, thighs, core, chest, back, shoulders and arms. Whether you’re doing circuits, using the bar, or taking it back to the basics, Body Blast will get your heart pounding and sweat pouring as you improve your functional movements, agility, coordination and strength with exciting music and energy!

**NEW** Jillian Micheals BODYSHRED: JILLIAN MICHAELS BODYSHRED™ is a high intensity & endurance based 30 minute workout utilizing Jillian’s 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, and 1 minute of abs. You’ll shed fat, define muscle, dramatically enhance athletic performance, and transform your physique. This class is unparalleled in its approach and its results!

**Cardio Kickboxing:** Get a kick out of getting fit! Combining aerobic exercise with boxing & traditional martial arts movements provides constant low-centered movements to strengthen & tone your muscles while giving your heart a great cardio workout.

**Core 101:** This class gives you all the tools you need to learn how to strengthen the essential muscle groups of your core. Prepare to sit up straighter, feel stronger and look leaner!

MORE CLASS DESCRIPTIONS ON THE REVERSE SIDE!!!
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**Cycle:** Uniquely tailored to suite a wide range of abilities & fitness goals, Cycle offers participants an energizing, low-impact yet high intensity workout with no complicated moves to learn. The music begs your legs to pedal! Getting into the best shape of your life has never been more fun!

**Cycle 101:** Have you always wanted to try cycling but you’re worried it will be too tough or too intense? This class will introduce you to the fundamentals of indoor cycling while improving your confidence on the bike! No cycling experience needed!

**Lean Machine:** Not for the faint of heart! Lean Machine will work off those Friday night-out empty calories with a combination of high-endurance cardio drills like HIIT and Tabata intervals, body weight, dumbbell and band exercises. If you want to be lean then we will see you there!

**NEW** RIPPED (Resistance, Intervals, Power, Plyo, Endurance, Determination): The one stop, total body shock! You work for 30 seconds, you rest for 10! Complete calorie liquifier!

**Strength & Tone:** This class focuses on improving core strength, postural integrity, flexibility & balance through dynamic & static stretching, dance & sports stretching techniques, along with yoga poses focused on increasing flexibility, range of motion, & postural muscle strength.

**TBT (Total Body Toning):** Designed to work the entire body, this class will tone your chest, back, legs, core & every muscle in-between utilizing body weight, bands & dumbbells. You will leave this total body class feeling satisfied & strong!

**Cardio/TBT:** Combining aerobic exercise to strengthen your body and your heart! Utilizing a variety of strength equipment and body weight exercises, you will get your heart pounding and sweat pouring!

**NEW** XFIT: The ultimate challenge class that will keep you coming back for more! Timed workouts, team workouts and as many rounds as possible! Compete, look for a new PR and work together to get through this 50 minutes of DNA eliminator!