

Fitness Studio Classes 2016

Achieve in a group what is hard to do alone!



Pilates This unique format combines strength conditioning, flexibility and dynamic balance using your own body weight to give you the long lean dancer physique. *45 minutes*



Power Pump Get results from your exercise program! This class consists of strength training using a barbell. Learn to lift with proper alignment and form in an energized environment. Start with light weights and increase as you go, sculpting all major muscle groups *45 minutes*

Spin/Run This interval training class utilizes both spin bikes and treadmills for an excellent cardio workout. *40 minutes*



Spin & Strength This class incorporates free-weights, machines, body weight exercises along with a variety of other strength training tools to achieve overall body conditioning, strength, and toning. Cardio stations will challenge cardiovascular fitness with interval training on the spin bikes. *40 minutes*



TRX /Cross Circuit This unique program uses your body weight with the TRX suspension straps allowing you to strengthen the stabilizing muscles such as the core while sculpting the body. **Beginning TRX** is taught by our physical therapy department and is a very gentle form of exercise perfect for the first time exerciser, those recovering from an injury or seniors. In the TRX Cross Circuit one of our certified Personal Trainers will lead you through a circuit mix of strength and cardio drills. *45 minutes*

Yoga A mindful class designed for concentration, stress reduction, strength, balance and flexibility using classic Yoga poses and breathing techniques. The **Vinyasa Yoga** class flows from pose to pose while practicing breathing and proper alignment. **Yoga Sculpt** incorporates yoga poses while toning with weights.

Beginning Yoga You will learn the fundamentals of Yoga practice including basic poses and breathing techniques helping you to strengthen your muscles as well as improve flexibility. \$10 charge for this class *90/60 minute formats*

Hot Sculpt Vigorous, fitness-based approach to yoga using weights with cardio intervals in a heated environment. This is an intense class meant for the advanced participants.



ZUMBA Are you ready to party yourself into shape? That's exactly what ZUMBA® is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party. No dance experience needed. *45/60 minute formats*

Personal Training Escape from a directionless workout. With one of our certified personal trainers you will get a safe and effective program. Our Trainers will meet you at your level and personalize a plan for you ensuring you of correct technique and better results.
