

GROUP FITNESS CLASS DESCRIPTIONS

Advanced Step: Specifically for the more advanced participant. Complex choreography, longer cardiovascular segments and intense power moves. Abs & back included.

Ashtanga Yoga: Linking breath with movement in a modified practice of the primary series.

Cardio Interval: Intermediate floor aerobics with 5 minute intervals cycled with 2 minutes of MC. Abs and back included.

Classic Yoga: Pranayama (breathing practices), Asanas (poses and postures), Yoga Nidra (deep relaxation) and meditation.

Core Stretch and Strengthen: Stretching and toning exercises.

Cycle: All terrain rides for enthusiasts of all levels; one-hour class.

Gentle Yoga: Perfect for beginners or those who want yoga at a slower pace.

Half and Half: Instructor's choice of classes offered. Abs & back included.

Hatha Yoga II: A yoga class that involves balancing, standing and seated postures leading to a deeper experience in your practice.

High-Low: Floor aerobics with more intense combinations. Abs & back included.

Intermediate Step: Choreography is more complex with optional power moves, abs & back included.

Muscle Conditioning (MC): Using bands, bars and weights to provide a complete muscle-strengthening work-out.

Pilates: Work to strengthen the core, lengthen the spine, build muscle tone, and increase body awareness and flexibility.

Senior Size: Low impact class with MC followed by a 15-minute stretch.

Step Interval: Intermediate step with 5 minute intervals cycled with 2 minutes of MC. Abs & back included.

Flow Yoga: Linking breath and movement in an active yoga practice.

**See official monthly Group Fitness Schedule for current dates, times, and classes.
For an introductory class please schedule an appointment with the Group Fitness Director.**