

## **CARDIO, TONING, STRETCHING AND STRENGTH CLASSES**

**AB BLAST:** 15 minute class focusing on strengthening abdominal and lateral flexors, back extensors, and core stabilizers to improve torso appearance and function. Easily modified exercises for beginners and the advanced participant.

**Beginner Cycling:** A 45-minute introductory class. Learn the ropes of the bike and get a great Cardio workout.

**Cycling:** 45-60 minutes of fun-filled, intense, cardiovascular workout filled with straight-a-ways, sprints, hills, etc. Great music mixes every class. Each participant works at their own pace, it's not a race. ☺

**Cardio<sup>3</sup>:** Three 20-minute segments of low and high impact aerobics, step drills, and endurance exercises.

**Circuit Breaker:** This intense total body workout combines aerobic and strength training segments. Focus is on balance, stability, agility, speed, and strength. It's a great workout and you never know what will come next.

**Core & Glutes:** A 30 minute class focusing on core strength as well as your gluteus muscles.

**Karlton's Class:** Train like an athlete in this advanced, rigorous conditioning class. Training includes resistance, aerobic, plyometrics, agility, speed, and core strengthening exercises.

**Muscle-Up Fitness:** This strength training class will consist of a combination of free weights, along with the use of medicine balls, swiss balls and core strengthening to boot!

**SilverSneakers Muscular Strength and Range of Motion:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand held weights, bands, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers Yoga-Stretch:** YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Simple Stretch:** A 45 minute class focusing on increasing flexibility in muscles throughout the body. Class will also include a time for relaxation.

After 4-6 classes participants should be ready to join any of our Spin classes.

**Total Body:** This resistance exercise class strengthens your entire body. 55-minutes of the best free-weight exercises like squats, presses, lifts and curls challenge all major muscle groups. All Levels of fitness welcomed.

**Turbo Kick:** A cardio workout using interval training that combines athletic moves, kickboxing, and hip-hop flavor. Each new workout is more exciting, powerful, and effective than the last. Come join the party!

**Weekend Surprise:** Our Saturday morning workouts will alternate weekly with floor, step, toning, kickboxing etc.

**ZUMBA:** Come experience the dance fitness craze that's sweeping the nation. This class incorporates Latin and international rhythms fused with dance movements to create a dynamic, exciting, and effective fitness routine!

## **SPIRIT, MIND, & BODY CLASSES**

**Beginners' Yoga:** Gentle exercises include *Pranayam* (breathing), *Asanas* (body postures) and meditation.

**My Yoga:** Exercises that are simple and gentle, gradually becoming more advanced. Learn techniques on breathing, body postures and meditation to reach eternal bliss. All Levels.

**Rise & Shine Yoga:** Start your day with core, strength, flexibility, balance, and cardio elements. All Levels

**Yoga-Flow:** An invigorating blend of yoga and Pilates enhances your athletic performance. Learn how to breathe and relax, build strength, gain flexibility, and create balance within your body. All Levels.

**Yoga + Pranayam:** Pranayam we practice various kinds of breathing which help manage all vital life forces through breathing and suitable for all ages.

## **STEP CLASSES**

**Cardio<sup>3</sup>:** Three 20-minute segments of low and high impact aerobics, step drills, and endurance exercises.

**Step & Tone:** Is 40 min. of step and then 20 min of toning. It is low-impact but intense and very beginner friendly.