

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

**AB BLAST:** 15 minute core 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.

**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.

**Dance Trance:** A fitness class that offers the excitement of moving with the rhythm and attaining total mind and body deliverance through dance! It incorporates funk, Latin, Jazz, hip hop and other types of rhythm movement to the beat of music from all genre's. People of all ages are welcome to come and groove to the thumpin music!

**Dance Trance Breakdown:** A 30 minute class to break down the steps to the Dance Trance choreography. Ideal for first timers!

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

**Power Hour:** An exhilarating cardiovascular and strength workout that varies each week. Sessions include exercises that challenge the entire body's cardiovascular and muscular capabilities while focusing on core strength. For Beginners to Advanced.

**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 YogaStretch:** 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.

**Spin:** 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. ☺

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

**Turbo Kick:** The hottest kickboxing class around, this class combines athletic moves, sports drills, & hip-hop flavor.

**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. *Pranayam* helps us control our minds. *Asanas* make our muscles strong and flexible. Meditation helps us discover ourselves. All Levels

**Week-end Yoga:** End your week with a 90 minute cool down consisting of warm-up exercises and multiple postures for a relaxing way to start off your weekend. All Levels

**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-Pilates:** 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

## **STEP CLASSES**

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

**Power Step:** Intermediate/advanced step patterns combined with high intense cardiovascular workout.

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