

getting to know your classes



RIP is a 60 minute barbell program for able-bodied men and women of all ages. This routine caters to fitness levels by keeping it simple with athletic movements such as squats, lunges, chest presses, and bicep curls. It is choreographed to be achievable by the average person, yet allows seasoned lifters and other well conditioned athletes to work at their level by utilizing the weight pyramid.



All in 1

All Components of physical fitness in this all in 1 class. Cardio, strength, balance, core and flexibility in 60 minutes. Feeling fitter has never been so enjoyable as you increase your cardio fitness, build strength, improve your balance and flexibility, all in a supportive group environment with motivating music and caring instructors.



This 55 minute, fast paced, explosive step workout will leave you upbeat and ready for more. Burn up to 620 calories, improve heart and lung fitness, increase endurance, strength and coordination. Your legs will love you, eventually!



Movers & Shakers

If you have interest or a need for a 45 minute cardiovascular workout, that incorporates a variety of dance steps combined with core strengthening and increased balance, then "Movers & Shakers" class is for you. The class is designed so that you can work out at your own fitness capability level, while enjoying the benefits of the physical and social interaction to "just have fun" which is a combined benefit of the class.



Burn the calories and have fun dancing to latin rhythms. This fifty minute class is designed for any one. . . But come prepared to sweat! And don't worry, you don't have to be a dancer to participate. Participants are encouraged to just have fun and not worry about how they are moving.

Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors. Increase your energy as you reduce stress.



Forever Fit

This class is designed for the young at heart exerciser. Exercises include work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance coordination, agility, speed and power. The class format includes a warm-up composed of rhythmic range of movement exercises, work with resistance tools, cool down, and final stretch. It is an equipment-based, multi-level, total body conditioning class in which students use hand-held weights, elastic tubing with handles, a ball and a chair for standing and/or seated support. 45 - 50 minute duration class.



TaiChi/Yoga

The 9:00 a.m. class is a 60 minute class that is sure to relax and re-energize! Learn a variety of yoga exercises designed to lengthen the body and build physical and mental strength. Practice Tai Chi routines designed to improve balance and build leg strength.



Balance X Crawl

Part 1 Balance X Crawl

This 40 minute (12:10 pm-12:50pm) lunch express class will integrate Yoga and the Switching Cross Crawl pattern of exercise using opposite leg-arm movements, Experience stress release, flexibility, strengthening / conditioning and more balancing

Part 2 (12:50-1:30) Lunch express **PIYO** (pilates-yoga) Yoga asanas (poses) and postures, incorporate the pilates exercise for the core and back strengthening.

PIYO



