

# GROUP EXERCISE CLASS DESCRIPTIONS

## YOGA:

Come move with your breath and intention. Find space and move freely to find your flexibility.

## PILATES:

A mind body experience that focuses on muscular endurance and toning, balance, body alignment, core stabilization, and flexibility.

## FLEXIBILITY:

All fitness levels are welcome to take this class to improve upon their overall flexibility. Techniques such as meditative breathing and body weight

## POWER YOGA:

A faster paced yoga class that will challenge the body & the mind. This class will get your heart beating, as well as offer strength based poses. Variations will be offered for all levels. Room may be heated.

## GUIDED MEDITATION:

Learn how to just be. This class introduces the basics of meditating and offers different guided meditations each week.

## YOGA OPEN HOUR:

Drop into the Mind and Body Studio and use the space and/or speak with a Yoga Instructor. You can drop it at any time within the hour, and stay as long or as little needed, this is not a guided flow.

## ADVANCED YOGA:

A progressed practice for advanced yogis looking to deepen their practice. Although there will still be modifications, more advanced sequences will be explored. Yoga experience is recommended.

## RESTORATIVE YOGA:

This class will begin with deep stretching and restorative yoga poses, then finish with a guided meditation focusing on relaxing the body and drawing attention within. You will leave feeling great!

## YOGA NIDRA MEDITATION:

**Yoga Nidra is an ancient meditation practice from India. This meditation practice uses aerial hammocks to aid the body in feeling relaxed.**

## TRAMPOLINE FITNESS:

Jump on into this new fitness class. Utilizing individual trampolines, this class is a great way to boost your cardio and strength!

## ZUMBA:

A dance fitness class using Latin and International music with a combination of rhythms that keep you moving to the beat! No dance

## STEP AND TONE:

A mix of step aerobics and strength training in one exciting workout! It allows you to work both your heart and your muscles extensively in one

## KICKBOXING:

Punch and kick your way into this aerobic class! You will learn the basics of kickboxing and sweat your way to a higher fitness level.

## CYCLE:

Using the coach by color training technology, participants will be lead through an exciting indoor cycling class. Using the bike's monitor, participants will be able to measure their revolutions per minute,

## HIP HOP CARDIO:

Hip Hop Cardio is a dance fitness class that incorporates the fundamentals of basic hip-hop to achieve a moderate-high intensity cardiovascular workout. No dance experience necessary!

## UPPER BODY BLAST:

Focus on the muscular endurance of your upper body including your chest, back, deltoids, biceps and triceps in this 30 minute class.

## LOWER BODY BLAST:

Glutes, quads, hamstrings, abductors / adductors, and calves! Feel the burn in this 30 minute muscle blasting workout.

## TOTAL CORE:

This is 30 minutes of intense core conditioning, focusing on the muscular endurance of your abdominals, obliques, and lower back.

## SWEAT:

This strength training class utilizes weight-training exercises that will develop total body muscular endurance.

## BARRE:

Come enjoy a ballet inspired total body strength workout using a combination of basic ballet and fitness movements. No dance experience necessary!

## TRX TOTAL BODY:

This is an introduction class to TRX suspension training aimed at building strength and endurance to give you the ultimate total body work out!