



## FITNESS CLASS DESCRIPTIONS

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### AB LAB

This 30 minute focused workout uses cutting edge abdominal and lower back exercises to increase core strength while improving balance and posture. Appropriate for all fitness levels.

### ENERGY SCULPT

This 60 minute total body workout uses continuous movements to great music to keep your heart rate up! It's a sweat drenching sculpting class to increase your muscular strength and endurance. Appropriate for intermediate fitness levels but can be adapted to suit all levels.

### MUSCLE WORKS

This 60 minute class sculpts your total body by working with hand weights, ball and mat. Appropriate for all fitness levels.

### CARDIO COMMOTION

This 60 minute class focuses on enhancing cardiovascular fitness with high and low impact moves to achieve maximum fat burning potential. Appropriate for all level of fitness.

### ZUMBA

A 60 minutes Zumba class mixes body sculpting movements with dance steps derived from merengue, salsa, reggaeton, hip hop and mambo. The routines feature aerobic interval training with a combination of fast and slow rhythms. Appropriate for all levels.

### STRENGTH AND STABILITY

This 60 minute mind-body class will have you feeling and understanding the benefits of training according to myofascial lines. You will experience controlled strengthening and deep stretching coupled by balance and stability. Appropriate for all levels.

### CORE FUSION

This 60 minute class combines step aerobics and floor aerobics along with hand weights, squats, inner and outer thigh exercises, kickboxing, abs and basic stretching.

(Core Fusion cont.) Every muscle group is utilized in this high energy class. Appropriate for all fitness levels.

### PILATES

Pilates is a challenging series of exercises designed to strengthen and tone your core (abdominal muscles). Pilates is mind-body oriented: intense physical concentration, along with proper breathing, is necessary to reap the immense benefits. It's not what you do; it's how you do it! This class will teach the correct technique and flow, resulting in increased strength, flexibility and balance.

### FLOW AND FLEXIBILITY

This 60 minute class utilizes breathing techniques to strengthen and tone the core muscles, postural endurance and joint stabilization by using pilates moves. Appropriate for all levels.

### POWER STEP COMBO

This energizing workout is designed for individuals who possess a high level of physical fitness. Power step incorporates a low impact workout that delivers an overall leaner body while targeting a healthier heart. Cardiovascular intervals on and off the step are incorporated into this high intensity step routine.

### YOGA

This 90 minute yoga class incorporating movement with breath and intention (vinyasa). The yoga postures are a synergistic blend of several traditions and the practitioner is guided into a moving meditation intended to cultivate more awareness and relaxation. This is a challenging class but all levels of ability are welcome to attend.

### PRANA FLOW YOGA

Prana Flow classes are breath inspired journeys that offer a complete spectrum (ha-tha) of rhythms from meditative and rejuvenating to the challenging and empowering. The wave of a class is created through cycles of effective and creative sequences (vinyasas) linked together through the breathwave. Every class is well-rounded to create whole body transformation of strength and fluidity, circulation and centering.

### GENTLE/YIN YOGA

A Chinese yoga designed to work the body's energy system (meridians). The effects are freedom of movement, improved sports performance, faster recovery from injury, heightened calm-energy, and an overall state of well-being. A wonderful compliment to your other dynamic workouts. Appropriate for all levels.

### GENTLE FLOW YOGA

This 60 minute beginner class is a flow style yoga class beginning with pranayama or breath work, followed by warm up and stretches. The class continues with sun salutations, balance and strength building poses and floor work including abs and deep stretches. Appropriate for all fitness levels.

### AROMA YOGA

Imagine being in down dog smelling Balsam Fir or Frankincense. A Therapeutic Essential Oil is used in combination with a 90 minute vinyasa flow yoga class. Aroma Yoga adds a beautiful healing dimension and awareness to your breath, spirit and body. All levels welcomed.

### MINDFULNESS MEDITATION

Meditation/Relaxation yoga. An opportunity to indulge in letting go. Learn simple yet effective tools to transform our busy minds and stressed out body to a state of calm, and deep inner contentment which leads to radiant well being.

### NORDIC WALK

Nordic Walking uses specially designed poles to activate both the upper and lower body increasing the effectiveness of a walking program. You can burn up to 46% more calories and increase your heart rate while Nordic Walking. This class emphasizes inner and outer thigh work, abdominal and gluteal exercise, squats, lunges and deep stretching.



## MARCH HEALTH & WELLNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8 - 9 AM</b> CARDIO COMMOTION SUE B	<b>8 - 9 AM</b> MUSCLE WORKS DEBBIE	<b>7:45-8:15 AM</b> AB LAB DEBBIE	<b>8 - 9 AM</b> MUSCLE WORKS DEBBIE	<b>7:45 - 8:30 AM</b> STRENGTH & STABILITY ERIC	<b>8 - 9 AM</b> ENERGY SCULPT GIGI	<b>9:15 - 10:15 AM</b> GENTLE FLOW YOGA SUE B
<b>9:15 - 10:15 AM</b> MUSCLE WORKS HEIDI	<b>9:15 - 10:45 AM</b> YOGA SUSIE	<b>8:15 - 9:15 AM</b> CARDIO COMMOTION DEBBIE	<b>9:15 - 10:45 AM</b> YOGA SUSIE	<b>9:15 - 9:45 AM</b> AB LAB HEIDI	<b>9 - 10 AM</b> NORDIC WALK SUE B	<b>10:30 - 11:30 AM</b> CORE FUSION SUE B
<b>10:30 - 12 PM</b> YOGA JUDI ANN	_____	<b>9:15 - 10:15 AM</b> NORDIC WALK DEBBIE	<b>11 - 12 PM</b> PILATES SUSIE	<b>10:30 - 12:00 PM</b> AROMA YOGA MICHELE	<b>9:15 - 10:45 AM</b> PRANA YOGA TINA	_____
<b>1 - 2 PM</b> ZUMBA SUE B	<b>4:30 - 5:30 PM</b> GENTLE FLOW YOGA SUE B	<b>9:15 - 10:15 AM</b> ENERGY SCULPT SUE B	_____	_____	<b>11 - 12:30 PM</b> GENTLE YIN YOGA TINA	_____
<b>4:30 - 5:30 PM</b> CORE FUSION SUE B	<b>5:30 - 6:30 PM</b> POWER STEP COMBO ALISON	<b>10:30 - 11:30 AM</b> FLOW AND FLEXIBILITY SUE B	<b>5 - 6:30 PM</b> GENTLE YIN YOGA TINA	<b>5:30 - 6:30 PM</b> PILATES POWER PLAY ALISON	_____	_____
<b>6 - 7:30 PM</b> GENTLE/YIN YOGA TINA	_____	_____	<b>6:30 - 7:30 PM</b> PRANA YOGA TINA	_____	_____	_____
<b>7:30 - 8 PM</b> MEDITATION TINA	_____	<b>6:30 - 7:30 PM</b> ZUMBA DONNA	_____	_____	_____	_____