

**Boot Camp Cardio:** High energy intervals of toning with cardio.

(CV,S,E)

**45 minutes, I/A intensity**

**Fit 4 Life:** Fun and unique full-body low impact workout to strengthen legs, arms, and core muscles, using a variety of fitness tools to improve cardiovascular and muscular endurance for better health. (E,S)

**45 minutes, B / I / A intensity**

**Pilates Core:** A mind/body class integrating Pilates and Yoga with emphasis on alignment and breathing. (E,F,R,S)

**45 minutes, I / A intensity**

**Pilates Mat Class:** Based on J. Pilates, to develop core strength and flexibility. (E,F,R)

**45 minutes, I / A intensity**

**Seated Cycle, Core & More:**

**Early arrival is advised for bike and prop set-up.** Intermittently on and off the cycling bike using light weights and body weight. Focus on balance, core stability and strength thru movements in all planes, while keeping cadence (CV,E,R,S)

**50-minutes, B / I / A intensity**

**Standing Core:** Lengthen and lean your core using a variety of fitness equipment, all while enhancing your balance. (E,F,R)

**45 minutes, B / I intensity**

**Please make sure to bring layers to class, particularly the relaxation classes; a robe, a long sleeve shirt, socks, etc.**

**Stretch and Relax:** At the end of a morning of working out don't miss this vital element. Use various stretching techniques to improve joint and muscle range of motion. (F,R)

**45 minutes, B / I intensity**

**Stretch at the Wall:** Legs up the Wall is restorative relaxation as inversion. It allows the mind and body to relax, relieving stress and tension. Inversions can have many benefits including increasing circulation, improving digestion, improving sleep, and helping blood flow away from the lower limbs to help relieve swollen ankles and tired, achy feet. (F,R)

**45 minutes, B / I intensity**

**Total Body Conditioning:** A muscular toning class utilizing tubing and weights, the bar and floor work to strengthen the muscles of the entire body. (E,S)

**45 minutes, I / A intensity**

**Yin Yoga:** A slow, contemplative practice in which the poses are held for longer times. While some poses might be held for 2-3 minutes, they can be held for 5-8 minutes. The challenge is often mental as much as physical, although the benefits involve all aspects of our being. The focus is on joints and connective tissue, **fascia**, of the hips, pelvis, lower spine. This practice is suitable for non-athletes to advanced athletes. All can benefit. (F,R)

**60 minutes B / I intensity**

**Yoga:** Learn techniques for gentle Yoga and breathing exercises for relaxation and meditation. This enhances creativity, tranquility and energizes the body. (E,F,R)

**60 minutes B / I / A intensity**

**Water Blast:** A combination of aerobic and workout in the water using the Water equipment and the body at various speeds to create challenging resistance. (E,S)

**55 minutes, B / I intensity**

**Water Blast/Aqua Yoga:** A combination of Water Blast and Yoga in the water. A nice blend of workout and a graceful, flowing practice melding Yoga, stretch and other modalities. Perfect for those who want to reap the benefits of Yoga but may find land Yoga difficult. (E,S)

**55 minutes, B / I intensity**

**Water ZUMBA:** Aqua Zumba is a safe, challenging, fun, high energy, low-impact workout. (CV,F)

**50 minutes, B / I / A intensity**

**ZUMBA Dance: Fitness Dance Class** to tone and condition your body with a high energy, Latin-based, low-impact workout. (CV,F)

**50 minutes, B / I / A intensity**

**CLASS INTENSITY:**

**B** Beginner  
**I** Intermediate  
**A** Advanced

**COMPONENTS OF FITNESS**

**CV** Cardiovascular/Aerobic  
**E** Muscular endurance  
**F** Flexibility  
**R** Relaxation  
**S** Muscular strength

**December 2022**