

# Class Descriptions

**Mat Pilates:** Mat Pilates class will challenge you to focus on specific muscle groups and with practice you will soon build tremendous core strength. Strong core muscles support the spine, reduce back pain and are in integral component of athletic performance as well as every day balance. No Pilates experience is necessary, class will offer modifications and variations to suit each person's individual needs.

**Qi Gong:** Ancient Chinese art that utilizes posture, breathing and mind-intention to cultivate the vital energy of the body for the purpose of healing and maintaining health and vitality. A cornerstone of traditional Chinese Medicine, Qi Gong has been described as "acupuncture without the needles" and has been found beneficial for treating a wide spectrum of illnesses as well as strengthening the immune system and promoting resilience and longevity.

**Spin-Indoor Cycling:** An all-terrain ride that will burn calories, build strength and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. This class takes participants for a ride as the instructor leads them up hills and through straight aways as they push themselves past their boundaries and limits. Individuals set their own intensity while enjoying the energy of a group tabata workout. Make sure to bring a towel and a full water bottle!

**Strong Women:** Looking to start a weight training routine? This class will get your heart rate up high and your muscles strong! This full body workout is designed to challenge all fitness levels. Class will include interval, weight training and stretching. No muscle group is left untouched. \*Class limited to 15 participants.

**Tai Chi:** If you're looking for a way to reduce stress, consider Tai Chi (TIE-CHEE). Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements.

**Vinyasa Flow:** This class will focus on alignment and breathing as you link and flow through standing sequences. The sequences will include forward and back bends, twists and inversions. Ending with Restorative Poses to deepen and assimilate the practice.

**Yin Yoga:** This class is a complementary practice to the more dynamic yoga styles, such as Vinyasa. Yin postures are held for several minutes in order to work into the deep layers of connective tissue in the body. Yin yoga restores and maintains the natural mobility of the joints, while also emphasizing stillness and silence. Yin yoga prepares both the body and the mind for meditation.

**Yoga Flow:** Focus on a series of joint warm-ups and yoga postures that invite both flexibility and strength. Along with breath work that is grounding and warming to the body centering the mind as the season shifts from warm to cool. Be prepared for moderate to vigorous flowing movement.

**ZUMBA Fitness®:** Dance your way to a fitter you! This class combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. With exciting and unique moves you will have fun while getting fit. No dance experience necessary.