

# Class Descriptions

**Barre Workout:** A 45 minute high-intensity, low-impact, full-body workout that combines ballet-based movements, weight conditioning, core-focused exercises and stretching. This class is for the absolute beginner to the seasoned barre enthusiast.

**Buti Yoga:** In Indian Marathi, Buti means "the cure to something hidden or kept secret." This class will combine power yoga with cardio-intensive bursts of tribal dance, plyometrics, deep abdominal toning and strength conditioning. It is all woven seamlessly into a dynamic yoga practice that includes balancing of the Chakra energy system in the body. Participants will move with energetic music to remove outside distractions and unify movement and breath.

**Circuit Training:** Lack of time or not sure what type of exercises to do on the 1st floor of the Fitness Center? This class will help you overcome these roadblocks to help you exercise consistently and correctly in a pre-planned workout going from station to station. Your instructor will have you alternate between muscle groups, challenging one set of muscles to work while others rest, a great way to combine cardio with strength training.

**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.

**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:** This 45 minute class is designed to be a maximum calorie killer. High Intensity Interval Training is known to burn more fat and increase your metabolism! You'll leave feeling sweaty and stronger. Perfect for beginners and experienced riders alike; you are in control of the intensity and pace from start to finish!

**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.