

Fitness Class Descriptions

Aerobics - A low impact floor class taught to all levels so that you can modify to meet your personal needs. Includes core strength exercises and stretching.

All's Abs - Ab exercises performed at an aerobic pace promoting fat loss, sculpting, and strength. This extremely challenging and advanced workout requires you to have a strong back.

Alexander Technique - Discover better ways to move in this Body Awareness class designed to help you use your body effectively and efficiently. The Alexander Technique combined with Pilates Exercises improve posture and body mechanics in everyday activities and assist in avoiding injury associated with sports and overuse syndrome.

Balanced Body - This class focuses on the teachings of mind/body awareness and addresses the 5 aspects of wellness: physical, mental, emotional, energetic and spiritual bodies. It is based primarily on Eastern philosophies and offers exercises that promote supple spines, stable joints, relaxed muscles, enhanced flexibility and brings one to a state of balance and harmony.

Ball - A combination of strength and stability ball training focused on core work. Utilizing the muscles of the trunk, low back, abs, hip flexors and shoulders, this class gives you the vital strength you need for daily life.

Beginning Tai Chi/Qi Gong - This class links body, mind, and breath to cultivate chi (energy) promoting health and vitality. A series of slow, steady, graceful movements work with posture, realignment, mobilization, lengthening, strength, and balance. Learn the art of de-stressing and quieting the mind.

Box Circuit - Challenge your strength and endurance in this high intensity workout that combines punches and kicks with weights, bands and balls.

Box Interval - If you have a desire to sweat, this is the class for you. A series of punches, kicks, and athletic drills will rev up your metabolism and enhance your fitness goals.

Box 'n Pump - Fine tune your form with shadow boxing, kicking techniques and total body strength work. A Funtastic way to get in shape!

CardioSculpt - A great way to get your strength and cardio needs met in one hour. This class is designed to burn FAT, strengthen muscles, and get your heart pumping with cardio drills and resistance equipment.

Cardio Xplosion! - It's cardio! It's challenging! It's effective! It's fun! And...it's different every week. Some formats include: Box/Punch Intervals, Sports Drills, and Boot Camp.

Fit-Walk - Walk outside and breathe fresh air. All levels welcome. Go out and return as a group. M/W one hour, Fri 1 1/2 hours with hills. Walking clinics offered when requested.

Gliding - Add a new dimension to your existing workouts. This class has it all--cardio, core strength, sculpting, balance, flexibility, and FUN!

Gliding Gone Wild - Combine: strength work with gliding discs - latin-inspired dance moves - hula hoops for core strength - and, a surprise or two! Mix together for a wild, Super-fun workout.

Jazz Dance - Traditional Jazz warmup. Faster paced dance choreography - conditioning techniques. Have fun creating your own movement style!

Kickbox - Bring your energy and plan on sweating in this extremely challenging punch and kick "bag workout."

Michaelmania - Find your inner Super Hero in this total body training class using "YOU" rather than props and equipment. Windmills, Sumo squats and wood chopping will take you to your next level of fitness.

Mind/Body Mix - Friday weekly rotation classes and instructors offering various styles of Yoga and Pilates. See schedule posted outside Mind/Body Studio.

Morning Meditation - Start the day connecting to your higher wisdom. Enjoy quiet time, calming breathing exercises and guided meditation.

Morning Stretch - Wake up and warm up your muscles and joints in this "active" stretch class. An important addition before or after your morning workout

Pi/Yo - A blend of pilates and yoga with the goals of a stronger core, longer muscles, and relaxed mind.

Pilates - A unique system of exercises that strengthen, tone and lengthen muscles to improve posture, provide flexibility and and create balance while uniting body and mind. Various levels of pilates classes are offered: Essentials (Fundamentals), Intermediate and Advanced as well as classes with emphasis on a variety of props.

Posture Plus - The spine supports the entire body and registers the youthfulness and health of a person. Experience exercises that help to align the spine, improve posture and achieve muscular skeletal balance.

Power Yoga - Strengthen and challenge Mind and Body in this invigorating paced advanced vinyasa style class

Release & Mobilize - No need to feel stiff, stuck and sore. Release tension, mobilize joint space, relax muscles and find ease in movement.

Sculpt & Strengthen - The training of all major muscle groups is addressed in this class. Build strength, develop muscle definition, and enhance flexibility. Instructor utilizes various styles and techniques and emphasizes proper form.

Spinning - Indoor group cycling is a cardio experience bringing athletic training to participants of all abilities. An individually challenging and energizing class set to music that will develop strength and endurance. Riders determine their own level of challenge allowing those new to the activity as well as conditioned cyclists to experience success.

Step - A moderate to high intensity choreographed routine on the step: challenging and fun!

Stretch - Feel taller and more relaxed in this class that focuses on stretching all major muscle groups, improve posture, create general balance and help to prevent injuries. If you are just beginning an exercise program or are healing from an injury/accident, this is a good place to start.

20/20/20 - This effective, well balanced workout has it all--20 minutes of muscle building strength work, 20 minutes of cardio endurance, and 20 minutes of flexibility. It's an excellent workout for all fitness levels.

TaiChi - This moving, meditative form of exercise enhances one's health and vitality. TaiChi fosters a calm and tranquil mind and helps with balance, alignment, agility, and stress reduction. Join Jamie in her "easy to learn" class.

Total Body Yoga - This class challenges your body in three specific segments: Upper Body, Lower Body, and Flow.

Walking Group - Meet in the lobby and walk with friends. Members meet M-W-F at 7 a.m. Everyone welcome. No instructor.

Yoga - Improve posture, strength, breathing and flexibility with yoga poses. Quiets the mind and restores a sense of physical and mental balance. Our schedule incorporates various styles including Vinyasa (Flow) Iyengar, Hatha, & Power Yoga (Adv)

Yoga Flow - This class offers a sequencing of yoga poses linked by the harmonious flow of breath. A perfect way to start your day!

Zumba - A party-like, Latin-inspired, dance-fitness class combining fast and slow rhythms that achieve cardio conditioning and muscle toning benefits. International music motivates you to move! (You need not be a "dancer.") It's fun! It's different! It's easy to follow! Enjoy the party!