

## Fitness Class Descriptions

**Bootcamp: High-intensity interval training (HIIT)**, combines interval training, a cardiovascular exercise strategies alternating short periods of intense anaerobic exercise with less intense recovery periods. These intense workouts typically last 30-35 minutes, with times varying based on a participant's current fitness level.

**Kundalini Yoga** - 4000 yrs. Old designed to fine tune the human potential, thru movement and union of body, mind, spirit and breath. Creating Flexibility, Strength and calmness.

**CardioYo:** Not just for Yogi's and Yogini's, fitness enthusiasts will enjoy this spirited practice using body weight, balance and coordination in yoga postures incorporating a little dance and ab work which may incorporate light weights or chair or stability ball in this total body workout with emphasis on legs, glutes and core. Music is turned up for a fun sweat!

**Strength & Sculpt :** This class uses cardio to warm up and then moves on to target specific muscles using bands, balls and weights. This class will build strength and teach proper alignment as well as good posture while offering you a great total body workout.

**Zumba :** Is a high energy Latin Dance Aerobics class that blends Salsa, Samba, Cumbia and Bahliwood music and moves to burn fat and tone your tummy.

**Cardio Core :** A total body workout stimulating cardiovascular fitness through active step and floor aerobics, sport conditioning, ball and circuit activities.

**Core Statics:** An exercise session that strengthens the muscles of the torso, especially the lower back and abdominal area.

**Lunar Cycles Yoga:** In alignment with the lunar cycle and the zodiac sign the moon rests in for that particular day the yoga practice revolves around the body parts affiliated with the sign of the day. As the pace of the class ebbs and flows with the lunar cycle, during new moons anticipate a slower and more contemplative practice. Expect a more spirited practice around the full moons. This class always begins with a brief teaching and a guided meditation, so please plan to come a few minutes early, so as not to interrupt the experience.

**MAT Pilates:** The floor version of the Pilates method. This is class will focus on strengthening and toning specific muscle groups. Floor exercises target the core muscles improving spine and pelvic strength.

**Vinyasa Yoga:** Dynamic sequence of yoga asanas synchronizing the breath in a practice connecting one asana to the next. May incorporate Sun Salutations but offers more variety than Flow Yoga .

**Step up :** Is a classic cardio workout. It's lasted for decades for a simple reason: It delivers results. The "**step**" is a 4-inch to 12-inch raised platform. You **step** up, around, and down from the platform in different patterns to boost your heart rate and breathing.

**Sunrise Yoga flow:** In the yogic discipline, the morning is considered as a "divine time" and when an individual's spiritual energy is at its peak. Clarity, creativity, and peace of mind and body are benefits of a sunrise yoga practice because of fewer distractions prior to starting your day.

**Rhythmic Stretch:** Aerobic stretching routine that is designed to burn calories, elongate the body, release tension and lift your spirits as you slim your waistline through an effective combination of dance moves, stretching

**Sunset Yoga:** This class and form of yoga is designed to acclimate your body and soul to the setting sun. You will practice pranayama (breathing techniques) mantras and mudras for the season/day, asanas (postures suited to your individual needs) and a 10-15 minute meditation.

**Flow Yoga:** Vinyasa, also called flow because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. It's a broad classification that encompasses many different types of yoga, including Ashtanga and power yoga. In contemporary yoga parlance, vinyasa stands in opposition to hatha.

**Ball Yoga:** This class will be primary done with Yoga balls they are a key part in helping to develop core strength and increase flexibility. The yoga ball will help relax muscles, remove tension and increase the overall tone of your abdominals, arms, and thighs and lower back. It also enhances coordination and balance, and improves flexibility.

**Total Wellness: All Levels—** A Fusion of Yoga Stretches, that release Blocks/Circulation. Throughout Body an brain for flexibility, Strength and Relaxation.