



## Adult Classes

**Adult Kung Fu** is based on five core principles: striking, sticking, moving, throwing and returning. These concepts are explored through various styles with a focus on the basics of traditional Chinese Kung Fu. The traditional forms and modern applications will be explored in detail.

**Barre Blend:** This creative blend of barre, Pilates, and yoga uses targeted movement to fatigue and sculpt the muscles combined with large range motion to increase the heart rate.

**CardioFlex:** Mix up your cardio workout! No experience needed, no base knowledge required, just show up and get a great workout with balance and stretch worked right into the mix. Seasoned athletes, long time group fitness fans and first-time exercisers alike will find this ever-changing class a fun challenge.

**DanceFit** is a fun, high energy class that combines the hit music you love with easy to learn dance styles like swing, hip hop, and salsa. Get your total body workout with intervals of weight training\* and abdominal work. Suitable for all levels of fitness, no experience needed. If you can march, you can do DanceFit!

**Boot Camp:** The ultimate challenge! This pulse-pounding workout includes weight training along with athletic drills and calisthenics, for those who want intensity without complexity. Please note that this class includes extreme training elements like sprints and plyometrics, therefore we ask that you speak with the instructor before your first class.

**Gentle Fitness** is geared toward beginning exercisers and those with neuromuscular tightness, injury or restricted movement. Improve your overall fitness with exercises utilizing your own body weight and various props such as a mat, ball or bands. If you can appreciate a class with slower movement with an emphasis on proper technique and posture, Gentle Fitness is the class for you.

**H2O Fitness** works your body against the three-dimensional resistance of water. No swimming experience is necessary. You'll expend more energy and gain greater toning in this "kind-to-your-joints" format.

**LONGevity:** The smart workout for keeping you long, strong, and balanced for life!

**Miles to Go:** It's walking in a group fitness class! Walking is good for everyBODY. It strengthens the heart, improves circulation, and wards off disease. Studies show it also lowers blood pressure and reduces the risk of stroke and can even stop the loss of bone mass. Walking doesn't require any special knowledge or experience and is appropriate for all ages and fitness levels. This unique class takes place on the basketball court and includes a warm up and stretch.

**Muscle Max +Cardio:** Free weights, resistance bands, body bars, and more to build strength and endurance. Keep your heart rate up with fun and challenging cardio circuits and intervals.

**Pilates** is a no impact, mat-based workout that is suitable for all fitness levels. Build a strong core, increase strength and flexibility, and improve posture, stability and alignment. Runners, golfers, tennis enthusiasts, cyclers, and swimmers will find increased speed and stamina as well as a greater sense of muscular balance. Various props, such as a magic circle, theraband, weighted ball or foam roller may be utilized to bring additional focus to your workout.

**Spinning®** simulates a road biking experience through motivational and visualization techniques accompanied by music. Your instructor will guide you through hills, flat terrain, jumps and changes in speed and intensity. This format is suitable for all levels of conditioning with emphasis upon individual goals. Please sign up for a bike at the front desk.

**Spinning® Plus** All the heart pumping benefits of spinning class plus 15 minutes of strength based exercises.

**Step Fusion** is a fun, fat-burning workout using an adjustable step platform and challenging weight training intervals.

**Tai Chi & Chi Kung:** The slow, graceful movements of Tai Chi (Taijiquan) are well known for their health benefits and relaxation. Chi Kung (Qigong) are often called "Taoist Yoga" and consist of gentle movements and breathing designed to relax and strengthen the body.

**TKO Cardio:** Knock out calories in this fast and furious cardio class featuring ab blasting intervals.

**Total Body Conditioning (TBC)** is designed to condition the major muscle groups with the use of hand-held weights, bars, bands, an adjustable platform, and a resist-a-ball. High repetitions, low weight and moderate resistance will aid in sculpting the body. A member favorite!

**WERQ®** is the wildly addictive cardio dance workout based on the hottest pop and hip hop music.

## Yoga

**Core & Power Yoga:** Vinyasa Flow Yoga with a focus on core powered transitions and the optional use of light weights to improve your strength, balance, and flexibility.

**Hatha Yoga** is about creating balance and uniting opposites. Learn to develop strength and flexibility and balance effort with release as you move through each pose.

**Reset + Restore Yoga:** The things we do every day, office work, acting as chauffeur for our family, pushing through a tough workout, or all of the above, lead us to create structural imbalances in our bodies and form habits in our minds. Reset & Restore Yoga combines the principles of Hatha and Yin to undo that conditioning, restoring balance to the body and mind.

**Slow Burn Yoga:** Slow, powerful, continuous movement with a focus on alignment and a deep connection to breath. Build strength and become mindful through movement.

**Vinyasa Yoga:** A popular style of yoga in which the breath is synchronized with a flowing sequence of postures. Each instructor brings their own unique variation, including music to enhance the flow and rhythm of class. This is a challenging and empowering practice emphasizing breath connection, core strength, and awareness.

**Yin Yoga** is a non-flow yoga in which poses are held for long periods. The asanas in Yin target the connective tissue, allowing for an overall increase in joint circulation and improvement in flexibility.

**Yoga Latte** is a combination of Pilates-based movements and Power Yoga to enhance strength, flexibility and core stability.

## Family & Kid Classes

**Kids Dance** is a fun, high energy class that combines the hit music kids love with easy to learn dance styles like swing, hip hop, and salsa. Suitable for all levels of fitness, no experience needed.

**Kid Fit** introduces conditioning, obstacle play, group games and more to children ages 4-6. With different activities each week, it's sure to keep them moving.

**Kung Fu Basic Exercises:** This class will teach basic drills, exercises and forms of Chinese Martial Arts in a traditional setting with plenty of individual attention.

**Kung Fu Fundamentals:** Students ages 5-12 will learn the various basic stretching and stances of Kung Fu to build a firm foundation for future progress. Flexibility, strength and balance trained in a traditional setting.

**Preschool Playdays:** At specified times only, children ages 4-5 are welcome to play in the Lagoon Activity Center play structure. Parents must remain in the Lagoon Activity Center and children must be toilet-trained.

**Saber Academy:** Train like the Jedi and battle your way to fitness and fun with this high energy class using seven forms of lightsaber combat. Basic skills, principles of safety and technique will be taught using LED lightsabers. Ages 12-up.

**Shake-Rattle-Roll:** This playtime is designed to include a variety of activities for children ages 2-4. Obstacle courses, ball games, movement and music activities will all help to improve strength, flexibility, and coordination.

**Sword Lab** teaches basic methods and techniques from historical sources about swords and other ancient weapons. Ages 12-up.

**Tween Fit** introduces sports, conditioning, group games and more to tweens ages 7-11. With different activities each week, it's sure to keep them moving.

**Younglings Basic Saber Training** teaches basic safety and technique geared for students ages 5-12. Lightsabers will be provided.

**Youth Yoga:** This class will introduce children ages 6-10 to mindfulness, yoga, and breath work. Utilizing games, books and playful movement, children will explore yoga exactly where they're at developmentally with a goal of building confidence and greater awareness of themselves and the world around them. Children are encouraged to attend on their own, though we are flexible.



**Effective Monday, January 6**

*revised December 28, 2019*



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