

# Class Descriptions

**Fitness with a Difference** Exercises for the upper and lower body and abs...strengthens tones and conditions core muscles....stability ball and weights.

**Beginner Boot camp** Routines designed to incorporate the fat burning effects of the cardio training along with body sculpting and weight training. Increases metabolism and reshapes muscles.

**Yoga** Series of stretches and isometric holds designed to increase flexibility, tone muscles, build core strength and enhance balance. Slow to moderate pace classes are offered, accommodating all levels from beginners to seasoned athletes.

**Cardiolates** This class format is based on increased cardiac output while practicing Pilate's core strength exercises. Unlike mat Pilates, this class focuses more on an increased tempo in multi-positions: standing, sitting, lying on one's side, on the stomach, and on the back. The class accelerates the heart rate, burning more calories, making the metabolism more efficient, while strengthening all of the major muscles of the body.

**Barrelates** This class uses traditional pilates core and ballet conditioning, at the barre. The body bar is the other "bar" used to enhance muscle strength and endurance. Employing both types of bars, the class is fun, challenging, and like no other pilates or ballet-based class! Bring your own mat if you like - we will put it to work. This format is a refreshing change from the ever-popular mat pilates class!

**Cardio Cycle** Aside from being excellent cardiovascular exercise, cardio cycle class builds and tones the body as well; the hamstrings, quadriceps, calf muscles, abdominals, triceps and biceps are worked and shaped through spinning.

**Zumba** Zumba is for everyone, every shape and age. All exercisers, from beginner to advanced will enjoy the benefits of a Zumba class. Unique Zumba Latin inspired international music and dance steps create a dynamic, exciting and effective exercise experience!

**Nia** Nia is a holistic movement practice that empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Created more than 20 years ago by Debbie Rosas and Carlos Aya-Rosas, Nia (pronounced Nee-uh) was the very first form of "fusion fitness".

**Ageless Grace** is a fitness and wellness program created by Denise Medved. The program consists of 21 simple exercise Tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind.

**Tai chi** is a low-impact and aerobic exercise that is relaxing and can improve mental and emotional health along with physical health. This Chinese form of exercise improves balance, strength, and calmness, and may decrease pain and stiffness. It is a favorite among those with arthritis, cancer, and other debilitating conditions. Tai chi is also good for older adults because it does not involve impact on the joints.

Note: Not all classes are offered year round. Check our latest schedule for up to date offerings.