

**Class Description August 2010**

## Class Description August 2010

**20/20/20-** A great combo class that incorporates 3 different workouts in one. Cardio/Sculpt/Abs

**Body Architect** – this class will tone and strengthen your muscles with balance challenges. Muscle isolation groups are repetitively targeted with 3-4 different exercises in a sequence. It's both intervals and weight based adding muscle confusion and endurance.

**Boot Camp-** A 60 min. class for those that want a total body conditioning with drills and a core. This class will keep you moving and grooving.

**Boxing Circuit Drills- (YOU NEED GLOVES / WRAPS)** to join this class. It is a free class that will be instructed by Paula Waddell (amateur boxer). If you would like one-on-one-boxing training we do provide this with Paula for an extra fee.

**Cardio Blast-** This class incorporates the best of Hi/Lo cardio and weight training

**Gracefully Fit/Cardio-** An active older adult chair class geared toward stability and endurance conditioning for all around everyday living. All levels welcome.

**Gracefully Fit/Strength-** An active older adult chair class geared toward flexibility, endurance, and strength conditioning for all around everyday living. All levels welcome.

**Gracefully Fit/Yoga-** will introduce you to the ease, beauty, and benefits of yoga and improve your physical, emotional, and spiritual well being. This is a 45minute class that will help keep you healthy and vital at any stage of your life.

**Gym Class-** With the guidance of a personal trainer, you will strengthen your whole body with good old calisthenics like you did in your school days.

**NIA-** This class blends elements of the martial arts, healing arts and dance. It's a creative, barefoot, spirited aerobic program that will add to your cardiovascular fitness as well as increasing your flexibility and balance.

**Pilates-** A combination of stress reduction and body work. Exercises are based upon strengthening the "core" muscles of the abdomen while increasing flexibility in the legs, arms & smaller supporting muscle groups. This class integrates breathing, flexibility, strength, precision & body awareness to lengthen, define and sculpt muscles.

**POWER UP-** 60 mins of heart pumping moves that include both cardio and strength training. Recommended for experienced participants.

**\*SPINNING-** This is an indoor cycling class. **A great new way to inspire health!** You can burn up to 500-1000 calories per class. You'll receive a wonderful workout geared for you. Spinning is your ride! See front desk for details-

**"SKINNY JEAN" Workout-** You'll work your butt off.....literally. Lunges, squats, dead lifts and more to tone and sculpt your way back into those form fitted pair of jeans.

**\*Stationary Tai Chi-** triggers health and healing benefits from both the Asian paradigm of energy and the Western paradigm of

physiology. The balance and flow of one's internal self-healing energies is enhanced by the slow, intent full, meditative movements of Tai Chi. At the very same time the delivery of oxygen and nutrition from the blood to the tissues is improved.

**Total Body Conditioning-** Define & Refine! Toning & strengthening utilizing resist-a-balls, steps, tubing, bands, body bars, gliders, ramps and free weights. Strength training is crucial in building bone density.

**TBC to the EXTREME-** A 60 minute class of diverse, intense and different Workout Each Week incorporating muscle confusion and endurance. Feel Free to bring in heavier weights if you like. Log Sheets for keeping track of goals will be given per class. These classes are for **MEN & WOMEN**. So bring a friend

**Pilates /Yoga Fusion-** is an athletic blend of Pilates, Yoga, and so much more. This exercise keeps you moving in a flowing pace. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge to all levels of participants.

**Yoga:**

**Bridget** teaches a blend of Iyengar and Astanga Vinyasa Yoga. Iyengar Yoga emphasizes on holding poses in correct form and breathing. Astanga Vinyasa Yoga links poses together to create sequences with the breath. The target population would be generally healthy individuals of all ages who like a physical challenge. I build my classes by following a class format which begins with Sun Salutations (warm up), then we move into flexibility poses, balance poses, strength poses, finishing (cool down) poses, and I end with relaxation poses/meditation.

**Dionne** teaches a Vinyasa Flow yoga which emphasizes movements that push beyond personal limits. It is a strenuous class but offers modification for varied levels of fitness. She also incorporates Vanessa Yoga moves to provide participants with the opportunity to increase body awareness, relieve stress, and develop self discipline, as well as providing a unique way to develop inner awareness of the way the mind and body work together to promote a healthy whole.

**Vanessa** teaches Yoga Eclectic which is a combination of the hatha and tantric branches of yoga. Each class includes asanas (physical postures) or kryias, meditation, and pranayama (breathing techniques). Music is used when appropriate and occasionally chants are utilized to create a healing vibration.

**Angela-** teaches a form of Vinyasa Yoga. This class will introduce you to the ease, beauty, and benefits of yoga and improve your physical, emotional, and spiritual well being.

**\*ZUMBA-** a dance program that fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.