

## **Class Descriptions**

**\*Classes are offered based on instructor availability.**

**BARRE** Focus on balance, flexibility, and strength training designed to build and strengthen your muscles with small, isometric, concentrated movements that work the entire body with extra attention to the core (belly, hips, and thighs).

**LESMILLS BODYPUMP** The original weight training workout set to music! This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, curls, and dips.

**LESMILLS TONE** If you want the optimal mix of strength, cardio and core training this is it. TONE will burn calories and help you build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.

**CORE** This class consists of core-strengthening abdominal and low back exercises.

**CYCLE** This class is a great cardiovascular workout! Pedal through hills, sprints, climbs, and many other challenging drills and exercises. All levels are welcome. All rides are geared to each participant's level. HITT cycle is a 30 minute higher intensity ride.

**PIYO LIVE** PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Expect a fast paced, low impact workout that leaves your body looking long, lean, and incredibly defined.

**SENIOR STRENGTH & MOTION** (45 min) Designed with the aging body in mind, this workout brings the fun back to fitness combining basic cardio movement, strength and toning, and balance. Hand held weights and resistance bands are used. Seated & standing exercise options are given.

**ZUMBA** ZUMBA takes the "work" out of workout! This interval-style, calorie-burning dance fitness party uses Latin and World rhythms to power you through.

**ZUMBA TONING** The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

## YOGA

**ALIGNMENT YOGA** (60 min) Mindful attention to setting up and executing yoga postures is the focus of this class. Bolsters, blocks and blankets will be used to support the body in alignment for sustained lengths of time. Room is not dimly lit and physical assists may be offered.

**FLOW YOGA** (45/60 min.) The focus in this class is on linking conscious breath with movement as many poses will “flow” to the next. We will work to build strength, flexibility, and concentration while connecting the body & mind. Participants are encouraged to engage with the yoga postures at their own level - modifications are offered & encouraged.

**YOGA** (60-75 min.) This beginning level yoga class provides stretching and relaxation techniques for better health, flexibility, and personal energy. Perfect for those who think they are not flexible enough for yoga.

**MEDITATION (30 min)** Following a brief introduction, participants will be guided through a 20 minute meditation. Meditation may be done seated in a chair, on a cushion, or on the floor. No prior experience is required.

**RESTORATIVE YOGA (60 min.)** Gentle flow combined with moments of stillness in restorative poses will assist in developing a sense of calm & rest. Bolsters, blocks, and blankets may also be used to support your body and facilitate release of stress. Suitable for all levels.

## COMMUNITY OFFERING

**TAI-CHI with MEDITATION (75 min.)** This ancient practice of mind, body, and spirit will support improved balance and circulation. Class closes with meditation. Accessible to people of any ability. This is a community class – free to the public & offered by a community member.