

**20/20/20** -Twenty minutes of step/cardio, twenty minutes of weight training & twenty minutes of stretching exercises.

**Chair Yoga** - Chair yoga is a practice that is beneficial to all. In these classes you will use the support of the chair to arrive in yoga poses, move, breathe & ultimately feel good! Benefits of chair yoga include increased mobility, increase strength, stretch the body, reduce stress, reduce pain & clear the mind.

**Fab, Fit +Fun** -Total body workout using weights, bands, balls, body weight, etc. Guaranteed to be fun!

**Gentle Yoga & Yoga** – Physical and mental workout with a focus on breathing, relaxation, strength, and flexibility. Each class is appropriate for the beginner, intermediate or advanced participant with modification given for each level of expertise.

**Gentle Yoga 40 minutes & Yoga Nidra 20 minutes** - Yoga Nidra "yogic sleep" is a *deep relaxation technique and a form of meditation.*

**H.I.I.T. - (High intensity Interval Training)** Adaptable workout combining brief periods of cardio techniques with strength training methods using light weights and body resistance.

**Intermediate Yoga** - Intermediate Yoga is ideal for those who have practiced yoga for long enough to already be familiar with poses. The class usually focuses on a specific intention: opening hips, backbending, core strengthening or inversions are some examples.

**Pound**<sup>®</sup> - A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 45-minute series.

**Shotokan Karate** - Like all martial arts, karate has many benefits. It helps develop self-confidence, strength, flexibility, and focus, among other things. It is not only a form of self-defense, but it keeps participants fit at all ages.

**Step Aerobics** – Each class is specifically designed by the individual instructor to provide participants with a total body workout. Based on instructor discretion; classes feature a unique variety of step exercises accompanied by toning, stretching, weights, etc. Perfect for those interested in getting in shape with the use of the step, but without having to learn a lot of dance steps.

**Tabata** – The Tabata workout is a high-intensity interval training regime that produces remarkable results. A Tabata workout is comprised of an interval training cycle of 20 seconds, followed by 10 seconds of rest, repeated for several minutes.

**Zumba**<sup>®</sup> - The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat– add some Latin flavor and zest into the mix and you've got a Zumba<sup>®</sup> class!

