

Mind and Body

Prime Yoga: A gentle yoga designed specifically for the needs of the mature population focusing on stretching, flexibility and balance.

Gentle Yoga: Stretch, strengthen, breathe and relax with this restorative class.

Yoga/Meditation: Relax both body and mind by combining gentle, restorative yoga with breathing and meditation.

Vinyasa Yoga: A vigorous class, characterized by flowing poses that are linked to breath, to improve strength and flexibility. Classes are diverse and sequences will vary with instructor.

Baptiste Yoga: Defined by Baron Baptiste as, "a challenging and flowing form of yoga that heals, detoxifies and electrifies body and mind at their deepest levels." Room is heated.

Ashtanga Yoga: A powerful and flowing class, linking breath to movement. Build strength, stamina and improve flexibility. Room is heated.

Yogalates: Combines core-focused pilates techniques with powerful yoga sequences to improve strength and flexibility.

Ball-lates: A mat class incorporating the use of small medicine balls or large physio balls.

Pilates Beat: A unique mat class, flowing with and choreographed to music.

Pilates –w- Props: A challenging mat class, enhanced by the use of bands, rings, weighted balls, etc, to improve strength, muscular symmetry, alignment and flexibility.

Pilates Flow: A mat routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abdominals, arms and back. May incorporate standing pilates and power moves.

Strength Training

Prime Movers: Designed specifically for the needs of the mature population. Class includes aerobic moves, strength, balance and flexibility.

Head to Toe: A 55 minute total body weight resistance workout.

Legs & Abs: A 30 minute class consisting of leg and abdominal exercises.

***Ball Buster:** This class combines the use of gliders, free weights and large physio balls (pre-registration required, limit 24, may call 24 hours ahead of time, follows same protocol as cycling)).

Interval Training

3-2-1 Shred: 45-50 minute class, performing circuits of **3** minutes of strength work, **2** minutes of cardiovascular work and **1** minute of abdominal work.

Cardio-n-Drills: A 50 minute high energy class combining intense cardio drills with strength training.

Flab-U-Less: A 50 minute class beginning with 7-9 quick cardio intervals, followed by intense butt, thigh and hip, arms and abdominal circuits.

Muscle Blast: An intense strength training class consisting of functional exercises and core techniques, incorporating bursts of cardio and /or plyometrics.

TBT (Total Body Training): This is a non-stop strength and cardio conditioning class, incorporating the Tabata Method (20 second bursts of high intensity exercise, followed by 10 seconds of rest).

Tabata Express: A 40 or 50 minute class using the Tabata Method (20 seconds of high intensity training, followed by 10 seconds of rest, performed eight times). Scientifically proven to change your body!

Cardiovascular

Zumba Gold: A dance fitness class designed for active mature adult and true beginner.

Zumba: A Latin inspired dance fitness class. Zumba combines high energy and motivating music with unique moves and combinations.

Cardio Box: Combines boxing and kickboxing for a sweat inducing, calorie blasting workout.

Box–n–Beyond: Train like a pro! Develop your boxing skills, while building strength, stamina and speed with this dynamic workout.

Team Kick: A choreographed class combining martial arts, boxing and kickboxing to get the heart pumping and the body toned. Routines change every 6-8 weeks.

Step Basics: 30 minutes of easy to follow choreography.

Step -n- Sculpt: A choreographed step class with strength training intervals (42 max in class).

Step: A highly choreographed class (42 max in class).

***Cycling:** Take a ride and energize! Classes are 50 minutes.

Studio Etiquette

- * Pre-registration is required for cycling and ball buster classes: Sign up the day prior to class over the phone or at the member service desk. Cancellation policy applies. Arrive 10 minutes prior to class in order to check in and get set up.**
- New to Classes? Please introduce yourself to the instructor and work at your own pace.**
- Arriving on time/leaving early: For your safety, please arrive on time and stay for the duration of class. If you must leave early, please do not disrupt class.**
- Be considerate of other member's exercise space. Please do not crowd a member who has arrived in class before you. Please remember, there are no reserved spots or holding of spaces for class.**
- Ticketing Policy: For underlined classes, please arrive 15 minutes prior to class time in order to pick up a ticket, given out downstairs.**
- Personal Hygiene Policy: Please wear clean exercise clothing and sneakers. Please refrain from wearing perfume. Deodorant is strongly recommended.**
- Sneakers are required in all classes except mind/body.**
- Water must be in an enclosed, unbreakable container. Food is not permitted.**
- Cell phones and pagers must be off or on silent mode at all times while in the studios.**
- Members are not to use stereo equipment or adjust AC units.**
- We request that all equipment be returned to the proper storage areas after using.**
- We reserve the right to cancel or change classes with low attendance.**