

# ONSITE FITNESS CLASSES

## MODERATE

### **Barre+**

Join us for a mentally and physically challenging workout! Barre+ centers on toning and conditioning exercises used in yoga, Pilates and dance to create a long, lean physique. Look forward to a combination of barre-inspired exercises and floor work that will improve flexibility, core stability, muscle tone and balance.

### **Core & More**

This fun total body conditioning format focuses on core conditioning using traditional calisthenics and incorporates additional strength training exercises using the body as resistance. The focus is on strengthening large muscle groups and in balancing the core muscles (abdominals and back). A strong core is essential for improved strength, power and balance. This class promises to keep you challenged from week to week – and to remind you the next day that you did a little something!

### **Fitness Foundations**

This class sets out to lay a foundation in each of the key areas of fitness. Look forward to tips and workouts for improving body composition and cardiovascular fitness, increasing muscular endurance and making strides in flexibility. A body that's balanced in each of these areas is less prone to disease, injury and boredom or frustration. Come and learn how to take your fitness to the next level. This workout is ideal for beginners or those looking to revamp their approach to fitness.

### **Just Dance**

Want to break a sweat, but hate the treadmill? We hear you! Come join us for a nonstop dance party where you'll learn all greatest line dances throughout the decades. Be prepared to break a sweat while learning some killer moves to take to that wedding or party next week!

### **Mat Pilates**

Pilates is an excellent full body workout focusing on core stabilization and spinal mobilization. Pilates is for everyone and can be used as a complete fitness program or to supplement your current exercise regimen. Prepare to sit taller, look leaner and connect with your core. Pilates also has the power to cultivate the pain-free body you have always wanted. In Pilates, your core musculature is benefited in strength, stability and endurance. You will learn to activate your core in both exercise and functional movement while simultaneously improving spinal mobility and health. This particular Pilates class focuses on "essential mat work" exercises as developed by Joseph Pilates.

### **Total Body Conditioning**

This is a fun, challenging format that incorporates resistant band work and cardiovascular intervals. As with all of our classes, Total Body Conditioning is appropriate for all fitness levels. We will couple resistance training to build lean muscle and increase strength, with short bursts of cardiovascular work for maximum calorie burn.

### **Yoga Flow**

Relax your mind and tone your body. This class teaches yoga fundamentals and uses the breath to flow through beginning and intermediate postures. Vinyasa style Yoga can be incredibly therapeutic and is a wonderful supplement to any exercise program as it serves to correct postural distortions, increase flexibility, improve awareness, teach good biomechanics and instill useful relaxation techniques. Prepare yourself to progressively learn asanas (postures / stretches), deep breathing and guided relaxation.

### **Yogilates®**

This class is a fusion of two great formats: Yoga and Pilates. All exercises are welcome for this multi-level, mind-body class. Enjoy flowing between Yoga and Pilates exercises for stretch, strength, and core stabilization. Look forward to conditioning the entire body and relaxing the mind.