

2008 Group Fitness Class Description

****Class size will be monitored for participation. If the class size is three or less for a month, we will hold the right to cancel that class.****

There's a class for everyone – ANY fitness level is welcomed and encouraged to participate in one of these classes.

****Class may be canceled without prior notice****

New to the club...we have listed the basic classes as "basic" these classes will introduce you to the moves and exercises in the classes. Class is always filled with new people so come join us for non-impact, non-intimidating exercises.

Group Power: This is a 60 minute barbell program designed to strengthen all major muscles in an inspiring, motivating, group environment with fantastic music and terrific instructors. This program is for all ages and fitness levels.

Basic Co-Motion: This is an introduction to cardio exercise. This class will teach the grapevine, basic choreography and ways to challenge your heart without too much challenge on the brain. Nothing fancy here gals, just the basics.

Express Cardio: Time efficient is what this is about. A 30 minute movement class that may use the step, floor or both to keep your heart pumping for 30 minutes

Absolute Abs, Back, & Bum: The queen of all Muscle-conditioning classes. Let this class connect you to your core like never before. Experience exercises designed to strengthen the abdominal and back and watch how it helps to change your body. We won't forget the Bum! Come and try some great exercises to firm the backside.

Body Bar Boot camp: Body Bar Boot Camp is the ultimate high energy challenge! Take dynamic and powerful step movements and add focused isolated resistance exercises with the body bar to achieve a total...and we mean TOTAL...body workout! Challenge the athlete in you with functional movement and compound exercises. It's all here...upper body vs. lower body and cardio training vs. resistance training. This class may include the Reebok slide. Train smart...and hard! Be all that you can be!

Active Adult Circuit: This is a beginner class for anyone who wishes to stay fit forever. Come swing to some of your favorite old tunes and receive a low impact workout at the same time. Special considerations will be made for those with arthritis or joint difficulty.

Cycletone: An awesome 45 minute ride to cardiovascular fitness! Indoor cycling that incorporates high-intense energy sprints and recovery periods. Strengthen muscles, fortify your heart and lungs, and increase your endurance. Utilizing adjustable tension, this workout will challenge both beginner and advanced students. Don't forget your water.

Bars Bands and Balls: The bars will challenge your muscles, the balls will challenge your balance. Put the bands in to give continuous resistance and you have yourself one heck of a muscle conditioning class! We have the toys so we put them together for a great total body workout.

Energy Zone: You are about to enter the “Energy Zone”. Join us for a class of challenge. This class is designed to work your heart your muscles and your mind! Enjoy.

No Limits: No rules no limits! This class will incorporate any form of cardiovascular format—it’s the instructor’s choice. The sky is the limit.

Circuit Sensations: This is the typical “a little muscle work, move to a little cardio work” class. This is not a station class but a full class of cardio and muscle. A great class to work the body work the heart and use lots of great equipment to get the job done. The class flies by.

Spin Endurance: Come experience the class that uses heavy resistance to simulate the hills and trains you to develop muscular power and endurance as well as mental toughness. Nothing easy about this class.

Co-Motion: Combining two modes of cardio exercise. You may do step/low impact, low impact/bosu or any other cardio that will challenge your heart. The second half of the class is muscle work. Don’t look for the basics here though. We have too many toys to not use them. Look for something different each class.

Simply Strong Step: Well here it is. The o’l step class we remember! Nothing more, nothing less. Just the step we learned in the 80’s. If you are looking for step, this is the class for you. Of course we will end with abs but look for nothing more than step in this class!

Workout Express: Need a quick workout during the lunch hour? This workout may utilize the treadmill, elliptical, or any form of cardio equipment. It may also be taken into a cardio circuit format. Be prepared! This class is calorie revving and cardio raving!

Little Ladies Wellness Club: Designed for girls ages 5-17. The class is in group format, where basic yoga, cardio, circuit training, and the basics of fitness will be introduced. Spa and Wellness is also incorporated for a broader sense of the self. (Private sessions may also be available.) Moms, perfect time to utilize the club!

2008 Mind/Body Class Description

Yoga Basics: Welcome to Yoga! This class is designed to familiarize beginners with basic Yoga postures and breathing techniques. With an emphasis on personal, the instructor gives you a solid foundation before moving into and on to other yoga classes. All levels welcome.

Simply Stretching: Just as the name states. This class is about relaxing, stretching, and simply letting the body go. Straps will be available to assist with the stretching.

Mat Pilates: “It’s the mind which builds the body,” said Joseph Pilates. The practice of Pilates will utilize your intrinsic muscles via the superficial muscles. You will work from the inside out, lessening injuries and strengthening weak muscles. Our focus on breathing techniques will use the deepest abdominal layers bringing you to the center. These mat classes are non-weight bearing, conditioning for the mind and will help you develop longer and leaner muscles. Sound tempting? Start here and join us for the journey of Pilates.

Equipped Pilates: We’ve up-ed the ante on Pilates and Yoga. By incorporating equipment like magic circles, small bars, bosu, and weights, the same fluid movements are performed with a slightly faster pace, creating more challenge. The goal is still the same-muscle length and strength. Expect a little more burn and quicker results.

Yoga: A vinyasa style of yoga class (a flowing style of yoga) this intro to advanced class moves from pose to pose via the breath. This dynamic style of yoga emphasizes body awareness and coordinating movements with the breath. Take time to stretch tight muscles plus relax; you deserve it.

Vinyasa Flow: This fun, flowing class combines postures and sequences from various styles of yoga to give our body the breath work and movement it needs. With a dynamic flowing sequence of postures linking breath and movement, cultivate awareness while building core strength and flexibility. The level of intensity depends on the style of the teacher.

Power Yoga: Our Power Yoga class is a practice that appeals to everyone from the working professional to the stay-at-home mom. For this class time and space and the worries of the day disappear and the focus is solely on flow, movement, balance, and intention. A Vinyasa-style yoga that focuses on core strength, balance, and flow to build a solid practice based on strength and spirit. As is often said in class, “I am only here to be your guide. You know your body best, listen to it and follow your intuition.”

Hot Yoga: Was initiated to capture the essence of the traditional hot yoga class and it’s 26 static postures and add in the flow and grace of other Hatha sequences commonly found in our Vinyasa Yoga classes. This class appeals to both the traditional Hot Yoga and Vinyasa student who is looking to deepen their yoga practice.

- The class is taught in a heated room.
 - 75 minute time format every other Sunday afternoon at 5 pm where men and non-members are also welcome.
 - All levels, including beginners are welcome and will find this class accessible.
 - Designed with a combination of hot yoga static postures and Vinyasa Yoga flowing sequences.
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2008 Mind/Body Class Description

Budokon: Anyone can do Budokon. Combining Yoga, Animal moves, and Meditation this is the type of class that inspires you. Come explore yoga and learn to play again with the animal moves in a safe non-competitive environment. During class the emphasis is placed solely upon body organization, alignment, technique, core development and concentration. The Budokon philosophy is best expressed in the belief that one must develop power in stillness (yoga) power in movement (animal moves and martial arts) and power in emptiness (meditation).

Not all classes listed are on the schedule

All Mind/Body classes will use the Yoga/Pilates mat. These mats are available in the Mind/Body studio for a \$1.00 Rental fee.