



Group Fitness Class Descriptions as of 9/02/08

Current Offerings

- AM/PM Yoga Flow** Look for a more flowing Yoga with this fitness inspired Vinyasa style Yoga class. Some traditional Yoga postures have been modified in accordance with current research and exercise standards to literally be Yoga for "Every Body." AM Yoga Flow contains minimal final relaxation.
- **Back to Basics** Looking for the classics?? This class is it!! Fire hydrant, donkey kick, and leg lift your way to fitness with this fun way to truly "sweat to the oldies."
- Belly Dance** Shimmy, shake, and wiggle your way to fitness in this fun filled class. Learn basic belly dance moves with a fitness twist to work the core, legs, and arms. Build on your basic belly dance moves by adding choreography and take your workout to a fun, fat burning level.
- Chicks on Wheels** We can't use the SP__ word, but this is an indoor cycling class. This workout will increase cardio/muscular endurance and enhance muscle strength at your workout level. **New students - please arrive ten minutes early for bike setup and class instructions.**
- Core Essentials** Take your core workout to a whole new level with this blend of Yoga, mat Pilates, Fat Burning Pilates, classic stretch or strength poses to strengthen and challenge your core and balance.
- Early Burn** Looking for a great way to start your day? In *Early Burn* you'll enjoy a variety of exercise formats that will include cardio and muscle conditioning. This early morning activity will help you start your day off right as you tone your muscles, stoke your metabolism, and wake up your body and mind, all in an inviting, friendly, and interactive group environment.
- Fall Firm-up** Got weights?? This multilevel muscle conditioning class is sure to challenge your body with the end result being a stronger, more toned body. Utilize a variety of fitness tools to help you achieve your goal.
- **Gentle Yoga** This format is ideal for new participants as well as those looking for a more relaxed, gentle form of Yoga. Delve deeper into the mind/body connection and leave feeling relaxed and rejuvenated.
- Have A Ball!!** Get on a roll and use the stability ball, BOSU, and a variety of other tools to "have a ball." Cardio and muscle conditioning will be combined to give you a "balanced" workout!!
- Kickboxing** This high energy cardio class combines traditional kickboxing moves with strength training to really pump up your workout.
- The Melt Meld** Ready to let the week go?? This blend of Pilates, Yoga, Qi Gong, and stretch will help you mentally melt the week away while stretching, strengthening, and elongating your tired muscles. A great escape for the end of the week!!
- Middle Management** It's all about the middle in this short, but sweet, core class that will focus on the abs, back, and stability.
- Pilates** This core based class is designed to improve circulation, posture, and balance as well as reduce stress and strengthen the abdominals, obliques, and low back. Various tools may be used to take your Pilates workout to a whole new level.
- **Simply Fit** No fancy footwork in this fitness format. Simply Fit combines low impact cardio with muscle conditioning. Utilize various fitness tools, as well as your body's own resistance, to give you an effective, easy on the joints workout.
- Sizzle & Chisel** Cardio and strength training drills are combined to keep the heart rate elevated, yet give you the total body workout you've been looking for. Enter the choreography free zone!!
- Step & Sculpt** Classic step aerobics and muscle conditioning are fused to give you the best of both worlds in one class.
- Training Camp** The eclectic blend of drills, intervals, and circuits in this boot camp style class are designed to "pump you up." Sure to get you "trained" for your Fall activities!!
- Yoga** A combination of muscle toning, stretching, and meditation, this class is sure to relax you, body and soul. Regular Yoga practice is an effective method of stress management. Different instructors present different Yoga styles; try them all!!
- Yoga-lates** Let your mind escape into the movements as you take your mind/body workout to a new dimension in this classic blend of Yoga and Pilates. Lengthen, strengthen and enjoy.
- Zumba & More!!** Shake-up your workout and have a great time doing it in this dance infused class. Look for Zumba and other dance formats to keep you moving, laughing, and asking for more.

****Recommended for participants with an easy to follow, gentle on the body workout in mind.**

Regular schedule and weekend schedule are both available online at www.ladywellness.com.