



Class Descriptions

Barre – Barre combines basic ballet technique with Yoga, Pilates and strength training to create a core centered class. This workout will help you develop core stability, improved posture and mobility. Using only body weight and a chair/wall/barre for balance you will focus on higher repetitions of small range, isometric exercises. No dance or ballet experience required. All fitness levels are welcome.

Barre Strength - Strong focus on posture, balance, joint stabilization, and secondary muscle endurance using ballet positions programmed to fun music. Improve your balance, lengthen and strengthen your muscles as well as your core, all from the comfort of your home. The only equipment necessary is a chair or counter to for stability. Please wear comfortable clothes, sneakers, and have a water bottle nearby.

Bootcamp Circuit - If you are looking to take your fitness to the next level, then Bootcamp is the class for you. This military-inspired workout will incorporate body weight exercises, cardio and resistance training in a fun yet challenging workout. This class is appropriate for all levels, but modifications will be offered for participants who would like to be challenged.

Chair Yoga - Chair Yoga is for Every Body! If you've never experienced Chair Yoga, now is the perfect time to try! Chair yoga is an accessible form of exercise that can benefit everyone, including those of us challenged by the up-and-down motions of traditional yoga. In chair yoga we focus on building strength, stability, balance, and having fun. Acknowledging uncertainty can create anxiety, yoga provides an excellent means to connect with your inner landscape to calm your nervous system and lower stress.

A few tips to keep in mind:

1. Wear comfortable clothes.
2. Bare feet are preferable or skid-proof socks.
3. Solid footing under your chair is important. Use your yoga or exercise mat, or carpeted floor.
4. A blanket can help offer padding on a hard seat.
5. Yoga blocks or books can help extend your reach, if needed.

Core Conditioning - This unique strengthening workout focuses on core strength, mobility and posture while increasing your flexibility. This class is excellent for anyone looking to shrink their waist line and decrease back pain.

Kickboxing - This high-energy class combines fast-paced aerobics with boxing and martial arts techniques. You will harness your core strength as you build cardiovascular endurance, agility and total body strength. No equipment is required, and all fitness levels are welcome.

Mat Pilates - Mat Pilates is taught on an exercise mat and focuses on developing core strength, balance, stamina and overall flexibility, without adding muscle bulk. Additionally, this core-strengthening class can help improve lower back health and reduce pain. Students can expect to focus on spinal alignment while performing deep breathing patterns. All fitness levels are welcome.

Mobility, Strength & Balance- Improve your mobility and balance while strengthening your muscles, with low impact exercises that require little to no equipment. This class will provide functional training for everyday activities and help expand your ability to do more on a daily basis.

Piloxing® - An energetic and challenging fusion class combining boxing, standing Pilates and dance. Piloxing® keeps your body guessing, mind alert, and heart pumping with the power of boxing, fundamental core strength of Pilates and fun dance transitions. No equipment is required, and all fitness levels are welcome.

SAIL – Balance & Fall Prevention - Stay Active and Independent for Life (SAIL) is a 60-minute strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly.

Yoga - yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Vinyasa Yoga helps to develop a more balanced body as well as prevent repetitive motion.

Tai Chi - Tai chi is low impact form of exercise that puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. Tai Chi was originally used for self-defense and is a graceful form of exercise that is used for stress reduction and helpful to improving stamina, balance, and strength. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. All fitness levels welcome, no equipment required.

Zumba - Zumba® takes the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class is a total workout, combining all the elements of fitness – cardio, muscle conditioning, balance and flexibility. Get ready to sweat, and learn why Zumba® classes are often called exercise in disguise!