



## **POWER PILATES**

**Beginner Mat Focus** – Learn beginner Pilates mat exercises in a more intimate setting with more individual instruction. Beginner Mat Focus takes into account your specific needs so you can gain confidence needed to segue into group beginner and intermediate mat classes. We recommend attending Beginner Mat Focus between 7 and 10 times. Limited to 7 participants. Online sign up required.

**Beginner Pilates Mat** – Perfect for creating stability in the hips and spine, and building core muscles and flexibility. Please attend at least 10 Beginner Mat classes before progressing to Intermediate Mat. 45 minutes

### **Intermediate Pilates Mat**

This group class is designed for the intermediate to advanced Pilates student. You will continue to build stability and strength, and will stretch while increasing stamina by focusing on the flow of each exercise and their transitions. 45 minutes

### **Intermediate Mat Focus**

Experience and learn intermediate Pilates mat exercises in a more intimate setting with more one on one instruction. Limited to 7 participants. Online sign up required.

### **Pilates Total Fitness**

Begin with basic Pilates Mat work to build a strong foundation in the hips and spine. After mat work, the intensity increases with a combination of resistance training and stretching. You will use small hand weights and your own body weight for a fun, yet challenging total body workout. 55 minutes

### **Pilates Tabata**

This class will fire up your core with 25 minutes of Pilates, then fire your metabolism with a Tabata interval workout using your bodyweight and various props. A quick and effective workout that will keep your metabolism stoked for hours!

## **FITNESS**

### **CORE**

Maximize your time and energy with this creative PhysioBall & BOSU workout focused on finding CORE strength and balance. Progressive resistance, postural stability, and motor coordination are challenged with emphasis on proper form and technique to ensure optimal strength and conditioning.

### **Kettle Bell**

Your body is trained as a whole with emphasis on the core and back muscles. Kettle Bell training is recommended for individuals with healthy backs and shoulders. Please see an instructor if more information is needed. Foundations class is strongly recommended for beginners.

### **Resist-A-Ball Cardio Strength**

Experience the fun of taking the Resist-A-Ball® to new dimensions that combine aerobic moves and strength exercises in intervals, resulting in a great workout. The rhythmic cardio movements will elevate the heart rate with challenging strength work that emphasizes core training.

### **Stretch & Balance**

Practice your balance and relax by stretching head to toe. A special emphasis is given to the lower back. All levels welcome.

### **Slide Strength**

Lateral Motion Training using the Reebok Slides, low impact cardiovascular training that strengthens ankles, knees, hips and low back, combined with strength intervals for a total body workout.

### **Total Fitness**

This challenging total body workout includes cardio segments plus strength work focusing on upper and lower body, including core and a full body stretch to improve mobility. Each trainer delivers their own personal take on how to get a full body workout in a short time.

### **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. Once the Latin and World rhythms take over, you'll see why Zumba fitness classes are often called exercise in disguise! Super effective? Super fun? Check and check!

## **INDOOR CYCLING**

### **Cycle 50**

Let's RIDE! Through a series of aerobic and anaerobic drills, indoor cycling provides the ultimate calorie burn while building cardiovascular strength and health. Classes are 50 minutes, prepare to leave feeling totally energized!

### **HIIT Cycle and Burn**

30 minutes of high intensity cycling paired with 30 minutes of high intensity strength and conditioning. This class is the perfect opportunity to push to the next level - whatever that level is. Open to all fitness levels; work at your own pace with coaching to push your limits safely and effectively.

## **EVOLVE YOGA**

Please refer to our Yoga Class schedule for descriptions and details about the yoga classes.

## **SMALL GROUP TRAINING**

Register 7 days in advance for Barre, TRX and yoga classes to reserve your spot!

### **Barre**

A results driven, high energy, no impact workout done at the ballet barre! Part precision, part flow, this powerful workout requires concentration and control as each movement is performed at tempo, while keeping the core engaged.

### **Barre Yoga Flow**

The best of both! A 20 minute vinyasa style warm up followed by 20 minutes of barre (seat, thigh, core). The final 20 minutes includes yoga poses, deep stretches, and savasana. A lovely blend for your body, mind and spirit!

### **Pilates Group Equipment \$**

This classical Pilates workout will incorporate matwork, reformer, high chair, wunda chair and Cadillac for a full body workout. You must have at least 5 private sessions before attending a group class. Please see the Front Desk for Beginner Package specials.

### **Tower \$**

Enhance your core connection! This challenging class is recommended for clients who have taken mat classes and wish to expand their pilates practice. By utilizing the pilates wall unit (tower), you will lengthen your muscles while strengthening your core. Space is limited to 7 participants.

### **TRX \$**

Known as Suspension Training, this functional method of training brings versatility to your workout routine. This class is designed to increase strength, balance, flexibility and maximize core function. We strongly recommend attending the monthly TRX Clinic.

### **TRX Interval \$**

Our TRX Interval training sessions also include the use of additional equipment like kettlebells, weighted balls, jump ropes, BOSU or other tools to add another dimension to suspension training. Prepare to be challenged on and off the TRX system!

