



### **X-Train**

Increase cardiovascular and muscular endurance. Class utilizes different pieces of equipment to achieve overall muscle and cardio endurance with an emphasis on core training and balance.

### **Core**

This thirty minute workout incorporates all core muscles, including but not limited to: transverse abdominals, obliques, rectus abdominus, erector spinae, and pelvic floor. Core is a complete set of muscles extending far beyond abs.

### **Cardio**

This 60 minute class will truly test cardio endurance! High impact using jump ropes, steps, ladders and more for a fun and energetic format.

### **Cycle**

It's all about the bike! Challenge cycling endurance and learn how to maintain target heart rate for a high calorie burning workout! Please bring a water bottle. Class is limited to first 14 participants.

### **Strength**

A low impact class to maintain or increase muscular strength utilizing body weight & a variety of different pieces of equipment.

### **LesMills Body Pump**

This 55 minute workout challenges all major muscle groups by using the best weight room exercises! Burn up to 600 calories per class!  
Build muscle strength and tone.

### **Chair Yoga**

The practice of chair yoga is a wonderful way to stretch, strengthen, and relax both the mind and the body.

### **Gentle Yoga**

A yoga format designed to link several poses together to create strength, flexibility, endurance and balance.

### **Active Adult**

Class focus is on exercises that maintain a healthy body with emphasis on strength, balance, coordination, stamina, posture, agility and fall prevention.

### **Barre Basics**

A class with elements of Pilates, dance, yoga and functional training. The concept of muscle fatigue in a low impact fashion with full range of motion, half range of motion, pulsing, static hold and change in flexion of joint to maximize results!

## **Specialty Classes:**

### **HIIT**

This 30 minute High Intensity Interval Training is a cardiovascular exercise strategy alternating slow bursts of high max intensity followed by a brief low intensity activity. It will provide improved glucose metabolism and reduces fat mass of the whole body.

### **Fitness for tennis**

A tennis player is required to have many aspects of fitness including: flexibility, endurance, power, speed, strength and agility, to name a few. Workout touches each aspect to prepare player for court play time.

### **TRX**

Suspension Training body weight exercises develops balance, core stability, strength and flexibility. The leverage of gravity and the user's body weight pair for an amazingly productive workout.

### **Barre**

Leaner, longer and stronger is our barre motto. Performing high repetitions on a particular muscle to full fatigue then lengthening with isolated stretches.

### **Stretch & Mobility**

Provides release of joint restrictions and helps increase range of motion. Focus on active and dynamic stretches using foam rollers, tennis ball and TRX suspension system.

### **CYBEX & TRX**

30 minute use of weight machines downstairs and 30 minute use of TRX upstairs.

### **Aerial Fitness**

The use of a hammock to invert and stretch muscles through slow and relaxed movement.