

## LAND CLASS DESCRIPTIONS

When engaging in any form of exercise, including fitness classes, please take the class at your own pace and work at an exertion level that is comfortable for you. It is also recommended to speak with your doctor before beginning any exercise routine.

**TOTAL BODY**—A full body strengthening class that utilizes hand weights and other equipment. **60Min**

**TOTAL BODY EXPRESS**- full body strength workout without floor work. **45Min**

**BUMS & TUMS**—A short and intense class that isolates the core and gluteus muscles. **45Min**

**SIT & GET FIT**—Train the entire body using various pieces of equipment while remaining seated. Great class for beginners and those with ailments! **60Min**

**GROUP POWER- Hour** of power working the total body to increase muscular strength & endurance. **Int-Adv.**

**ZUMBA**—A **50 Min** Latin inspired cardio class filled with fun dance moves that guarantee a good time and a great workout!

**POWER YOGA- Advanced** yoga class designed to challenge strength and stamina as well as improve flexibility to enhance athletic performance. **65Min**

**REJUVENATION YOGA**- suitable for all levels that have some previous yoga experience. Low impact, relaxing, mindful yoga emphasizing flexibility and light strength. Breathing and stress management techniques incorporated.

**BEGINNING YOGA**- suitable for new students, those with physical limitations, and those who want to learn more about yoga poses to build a strong foundation using modifications and alternative poses to suit the student's situations.

**YOGA FLOW**- This is a moderately challenging class designed to deepen your practice by building strength and tuning alignment as you flow thru poses with conscious awareness of Breath. **65Min**

**FLEX & FLOW**- A combination of tai chi, yoga & Pilates style movements set to a variety of music to work your core, challenge your range of motion, strength and balance. **50Min**

**PILATES**- Pilates is a low impact mat class that focuses on toning and strengthening the abdominals, back, and legs. Suitable for all levels! **50Min**

**NIA(Non-Impact Aerobics)**- **60 minute** Low impact movement practice combining dance arts and martial arts set to inspiring music.

**HOOPINBFIT**-Use a hoola hoop to improve core strength, tones your stomach, arms, thighs and glutes. **45Min**

**CARDIO FIT & FUN**- Get your heart pumping with fun, easy dance moves to great music. **45Min**

**STRETCH, FLEX & TONE**- A relaxed, quiet class using slow, easy movements, you will stretch and flex from neck to feet; tone and balance too. **45Min**

**TRIFECTA**- Multipurpose **hour** long class that incorporates strength, cardio, and flexibility.