**Group Fitness Class Descriptions**

**KETTLEBELLS:** Kettlebells are unique and involve moves that will work the full body. There will be standard exercises like Swing, Clean press and Squats in addition to other movements that will increase the heart rate and ensure the use of all muscle groups.

**SPA YOGA:**
We will practice 75 minutes of restorative yoga poses in a format that engages the five senses through aroma therapy, mood lighting, hands-on assists, relaxing music, and a tasting element at the end.

**Strength:** Challenging strength training using weights, barbells, TRX, and your own body weight to: define, develop, and tone in a 45 minute express class.

**Yoga:** Is a relaxing method to achieve the benefits of health and fitness. You will be performing strong and steady movements while utilizing breathing techniques. You can achieve an improved sense of mind, body, and soul. Come to improve flexibility, reduce stress and tension, and improve energy.

**Yoga Foundations:** For anyone new to yoga or wanting to develop a practice. A completely light and welcoming yoga experience.

**Yoga Foundations I:** Introduces traditional yoga philosophy and roots you in common postures.

**Yoga Foundations II:** Transitions to Western perspectives. A completely light and welcoming yoga experience.

**Zumba™** is a fusion of Latin and international music and dance that creates a dynamic, exciting, effective cardio workout. These fun, easy routines feature interval aerobic training with a combination of fast and slow rhythms that tone and sculpt the body as you dance.