

## 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.

**Pilates Core Strength:** Pilates is a form of exercise that aims to develop flexibility, good posture, strength, and balance all at the same time. It good for anyone working on strength, grace and solid core.

### **SPA NIGHT YOGA:**

We will practice 75minutes 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.

**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.