CLASS DESCRIPTIONS

AQUA	**Aqua Fitness**	An energizing and vigorous workout performed in shallow and deep water
	Aqua Yoga	Traditional standing yoga moves performed in water to add balance
CARDIO	**Cardio Dance**	A blend of dance choreography & cardio exercises set to pop music. This heart-pumping workout feels like a party.
	Cardio Power	Body-weight workout combining increased heart rate, toning and strength
	Cardio Power Pilates	A low impact workout combining increased heart rate and focused core strengthening using balance and control
	Cardio Sculpt	Toning and strength mixed with cardio blasts
	Les Mills BODYCOMBAT	An empowering martial arts-inspired workout that blends Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.
	Power Cycle	An energetic spin class that uses intervals of high intensity bursts, hill climbs, and sustained efforts to build both cardiovascular endurance and muscular strength.
	Retro Cardio Stretch	A body-weight workout using basic rhythmic steps, functional movement and dynamic positions to increase range of motion
	Rhythmic Spin	Come join us for this rhythm-based spin class with a high energy playlist! This high-intensity class will target all muscle groups - building cardio-vascular strength and endurance.
	Slā at the J	A high-energy dance class that combines music and movement for a club-like workout experience.
	Turn & Burn—Spin	Push yourself to the limit with this high intensity cycle class
	Zumba	A Latin-based dance workout that moves you from head to toe
MIND/BODY	**Contemporary Pilates**	A mid-level mat class that focuses on strengthening abdominals, back, core, hip and pelvic floor muscles
	Hatha Yoga	Strengthen and stretch through biomechanics-based yoga. Move with curiosity through exercises and poses that leave you feeling stronger and more open and relaxed.
	Mat Pilates	A full body workout that tones, lengthens and strengthens the entire body
	Peaceful Yoga	Explore the physical and mental health benefits of yoga in a peaceful way
	Pilates Principles	This class focuses on restorative movements to improve posture, balance, and body alignment while setting a strong foundation for Pilates practice.
	Power Flow	A mixed level energetic flow to build strength, flexibility, endurance, focus and balance
	Slow Flow	A class holding postures longer to increase internal body heat providing an opportunity to focus on alignment, moving deeper into stretches, and focusing on breath work
	Yoga/ Vinyasa Flow	A faster paced, fun, and challenging class focusing on building strength and endurance through a creative and mindful flow ***All levels welcome***
	Yogalates I	Yoga and Pilates basics focusing on stretching, strengthening, balance and control. An excellent way to round out any wellness plan
	Yogalates II	Intermediate level Yoga and Pilates focusing on stretching, strengthening, balance, and control. The pace is faster and more dynamic than the level one class. Great for individuals looking to mindfully "level up"
	Yogapila	Connecting the asanas and mindfulness of yoga with the strength and postural awareness of Pilates
	Yoga Therapeutics	A healing practice focused on relieving aches, pains, and improving joint health and longevity through mindful movement, strength, and mobility. Perfect for all levels looking to move better and feel better!
	Yoga Sculpt	Combines traditional Yoga postures with (optional) light hand held weights. This class is loaded with flexibility, balance, and strength postures creating a dynamic yoga flow.
SENIOR	**Hatha Yoga 60+ ^***	Hatha Yoga geared toward a less intense workout ***Online registration required***
	Stay Young Through Fitness*	This class is geared toward the specific issue of aging through movement and breath. The focus is on form and positioning. ***Online registration required***
STRENGTH	**Barre Fusion**	Combination of Pilates, yoga and barre mixed with cardio to strengthen, lengthen and tone
	Les Mills BODYPUMP	Cardio and strength training with light/medium weights using high repetition for maximum results
	Les Mills BODYPUMP HEAVY	This tempo-based weightlifting workout helps strengthen your body and build lean muscles. The slower pace and built-in rest period helps you learn proper form and technique with expert coaching, while music and group energy make it fun and motivating.
	Les Mills CORE	A targeted core workout designed to improve core strength building a stronger, leaner body.
	Mat Fusion	A dynamic total body workout using all available equipment. Be ready to sculpt and tone your entire body
	Strength Training	A full-body workout that targets the major muscle groups of the upper and lower body. Build strength and tone muscles using a variety of equipment to leave you feeling toned and fit.