

Class Descriptions

Body Sculpting & Core Conditioning: (*Muscle and Core Conditioning*)

Imagine your body firm, toned and strong, and then come to class and SEE the transformation! We use a variety of training methods and equipment such as hand weights, bands, balls, steps, body bars and more. Core utilizes every muscle that attaches to the spine. Body Sculpting trains all major muscle groups to help keep bones and ligaments strong while firming and toning EVERYTHING!

Boot Camp: (*Aerobic & Muscle Conditioning*)

This fast paced, high-powered class is what you have been waiting for. Cardiovascular exercise with dynamic and explosive moves; plyometric, speed, agility and strength drills will get you stronger and leaner in "no" time.

Dance Aerobics: (*Aerobic*)

Remember choreographed dance aerobics? Well it's back! And it's a FUN and Fabulous way to burn the calories while mov'n to the music with grapevines, V-steps, turns, pivots, mambos, cha-cha and more. You'll keep coming back for moreweee!

Dance-A-Week: (*Aerobic/Strength/Stretch*)

WANT TO DANCE? Want to increase your fitness and have FUN? Well come every week to be with a different instructor and dance away your troubles and those calories. . NO PREVIOUS dance experience needed! For nonprofessional students of ALL ages and body types!

Feldenkrais/ Movement: (*Awareness through movement*)

This Mind/Body practice connection is a training method that everyone can participate in and gain benefit. Feldenkrais helps you to analyze your movement patterns and much more. Learn how to move with ease. Make every activity a whole body exercise. Turn on the "learning switch" in your brain. Help your brain and body work together. May reverse the effects of injury and aging. Helps perform your daily activities effortlessly. May help eliminate joint and muscle pain!

Fitness for 2 Pre/post Natal Exercise: (*Stretch/Strengthen*)

Join in! Bring the Babies!!! This program is designed to help pregnant or postpartum moms improve their comfort, strength, confidence, and body awareness during and after pregnancy. This class is led by a licensed Physical Therapist.

Gentle Warm Water Exercise: (*Therapeutic*)

It is FUN and helps improve strength, flexibility, coordination, balance and agility in a supportive environment, both socially and physically. Range of motion and body alignment are emphasized while walking, jumping, skipping, and hopping. Yes you can skip and hop once again! Start slow and build up your strength....in the water you can do it ALL!

Hydro-Fitness: (*Aerobic/Strength/Flexibility*)

Exercise in the Water? You Betcha! Now if this isn't the perfect blend of exercise for each muscle group, AND cardiovascular fitness, while going at your own pace... Well, you just have to give it a try. Think it will be too easy? No way. Think it will be too hard? No way. We'll show you HOW and you will do it YOUR WAY!!

Mat Pilates: (*Core Conditioning*)

The art of "Contrology" is what Joseph Pilates called his work. Use your breath to connect the mind and body through very purposefully controlled movements that help strengthen and tone the core body, which is every muscle that attaches to the spine. It has been said that you will experience a change in your body after just 10 sessions. Come and put it to the test.

Spin-ergy: (*Aerobic*)

Indoor Cycling! What a way to burn up some big calories, train your cardiovascular system AND have FUN! We will get you set up on a bike, then take you through a virtual tour of Napa or Sonoma, San Francisco, or maybe even Italy! Up hill and down dale, speed drills and interval training as intense as YOU want, get sweaty and wet from this 45 – 60 min ride. Bring Lots-O-Water, a BIG smile and maybe a gel seat.

Intro Spin: (*Aerobic*)

Never tried spinning before? Think it's just too hard for *you* to do? OK for other, but not for me? Now there is no excuse. In this 30 minutes, non-threatening class you will learn bike set up and the techniques you need to be confident and successful in this fun and invigorating class.

Step: (Aerobic)

Up, up, down, down and all around cardio workout. Have some fun using a bench to step your way to health. Using the large muscle groups helps burn those calories and increase your cardiovascular strength and conditioning. Choreography is repeated several times to help you feel comfortable to get to the next move. It is GOOD for your brain to learn something new...try it, you'll like it!

Tai Chi Beginning/Intermediate: (Balance & Flexibility)

Using the relaxed energy elements of the Tai Chi system combined with conscious breathing, you will tone the muscular system as well as strengthen the immune system (chi). Tai Chi Chuan was the premier martial art of China, now utilized for its meditative movement, which unifies mind, body, and spirit.

Tam Tuie (tom toy): (Balance/Muscle strength/Flexibility)

Tam Tuie translates as "Springy Legs". Based in the ancient tradition of Chinese martial arts, this mild workout with classical stances and low kicks will improve your leg strength, endurance, and balance. This class is a perfect compliment to your Tai Chi practice, as well as, the other components of your health and wellness lifestyle.

Turbo-Kick: (Aerobic/Toning)

Ladies and Gentlemen, do you want to burn those calories and strengthen and shape those muscles? Then kick it up a notch with powerful punches and "killer" kicks that will leave you sweating with satisfaction. Learn form and execution of kickboxing while relieving the day's stresses. The more you come, the more you will have fun!

20-20-20: (Core/Aerobic/Muscle Conditioning)

Oh, yes you can get a work out in 20 minutes...so why not do it three times: 20 minutes of Cardio (Spin, Step, and or Dance Aerobics), 20 minutes of concentrated abdominal & lower back strengthening exercises, and then finish with 20 minutes of Body Sculpting. It's fun, versatile, and did I say Fun?

Power Pump: (Muscle Strength and Conditioning)

Are you prepared to take your fitness to the next level? This power packed class will focus on building strength, lean muscular development and overall physical fitness. While using a variety of equipment including free weights, be prepared to feel the pump and reveal those muscles that you KNOW are there.

Power Yoga: (Strength/Relaxation)

Movement with every breath... Strong, powerful and invigorating, yet calm and relaxing. A challenging blend of yoga poses that develops strength flexibility, balance and mental discipline. An outstanding workout for body, mind and soul!

Yoga Fusion: Balance/Muscle strength/Flexibility)

Integrated fitness, it's all here in one class! A blend of yoga on the ball, including some "power" yoga, Pilates on the mats, hula-hoops, bands, weights, and balls, large and small. Promotes healthy backs and focuses on core strength. Once you have tried it, you will want to keep this in your routine.

Yoga Sculpt: (Strength/ Flexibility)

A new approach to body sculpting that incorporates Yoga and Pilates postures with use of weights and stretching. This ability to remain calm and focused during tasks can aid you in other areas of life. This is truly a wellness lifestyle practice.

Restorative Yoga: (Strength/ Flexibility)

Relax your body and revitalize your spirit with restorative yoga! This class focuses on mat work; it involves sustaining easy yoga poses and utilizes props for support. Stretch, yawn and relax with the end result being a total physical and mental renewal. No yoga experience necessary.