

COURSE DESCRIPTIONS & AGE RESTRICTIONS DECEMBER 2018

BALANCE & MOBILITY | Ages 15+ | Using our suspension trainers, we will put you through a variety of exercises aimed at recognizing and improving balance, stability and mobility issues, with the objective of increasing performance and safety during day to day activities.

BRAZILIAN JIU JITSU | Ages 12+ | Dark Sky Grappling Arts brings quality Brazilian Jiu Jitsu, Judo and Wrestling to community members willing to learn self-defense or competitive grappling in a friendly, positive social environment.

CORE 360 | Ages 15+ | Injured or healthy, join us for a personalized routine that will help strengthen the often underworked area between the upper thighs and shoulders.

CORE DE FORCE® | Ages 15+ | Move through 3-minute MMA style rounds in which you'll alternate between various fighting combinations, with bodyweight moves and cardio spikes to kick your calorie burn into overdrive. No matter what your fitness level, you can punch, kick, and sweat at your own pace in this high intensity class.

FLOW TO YIN YOGA | Ages 12+ | Classes begin with a warm-up, followed by dynamic, active flow (yang), followed by longer held poses (yin) to help relax the nervous system.

FLOW YOGA | Ages 12+ | All levels yoga class focusing on linking breath to movement, flowing from one pose to the next. This faster paced practice heats the body and builds balance, strength and flexibility. Moderate intensity.

GENTLE YOGA | Ages 12+ | Students will be led through a slow-paced Hatha Yoga practice with an aim to stretch, strengthen and relax. All levels welcome.

GOLD BALANCE | Ages 55+ | An accessible combination of stretching, Pilates and yoga for a variety of fitness levels, Gold Balance places an emphasis on improving stability, flexibility and range of motion for older adult participants.

GOLD FLEX | Ages 55+ | Designed to enhance real-world activity performance through dynamic strength and conditioning programming. Enhance your golf swing or develop the core stability and lower body strength for long treks through the woods.

GOLD MOVE | Ages 55+ | A higher intensity, high-energy dance style workout set to lively music. Improve coordination, balance and stability and work up a sweat!

GROUP CYCLE & CYCLE EXPRESS | Ages 15+ | Get a ride in with our instructors and increase endurance and strength. Our Shimano SPD compatible Kaiser stationary bikes offer a wide range of adjustments for any rider, and a comfortable ride for both new and experienced cyclists. Cycle Express is a shorter 45-minute class.

HATHA YOGA | Ages 12+ | Students will go through a series of standing postures, seated forward folds and twists. Students new to yoga will have the opportunity to learn basic poses at a pace that will be easy to follow, while students looking to deepen their practice will be provided with more challenging variations of poses.

INSANITY LIVE!® | Ages 15+ | Master athletic training drills, cardio conditioning and strength training to reach your personal best in this high intensity class.

KIDS FITNESS | Ages 5-8 | Get your kiddos moving with fun games, dance, play time and other movement activities to start little ones on a path to fitness!

P90X® | Ages 15+ | Group-focused total-body strength and cardio class that incorporates proven principles from personal training and functional strength coaching. High intensity.

PILATES | Ages 12+ | Based on controlled movement, breathing, concentration and postural alignment, this low impact strength-training course is suitable for all levels. Moderate intensity.

RESTORATIVE YOGA | Ages 12+ | A passive yoga practice utilizing props to help students relax into each pose. Poses are floor based and held for three to five minutes each. All fitness levels and beginners welcome.

STRENGTH & STAMINA | Ages 12+ | One hour of heart pumping exercise. A mix of continuous cardio and strength intervals synchronized to a fast beat and lively music. Moderate intensity.

STRETCH & ROLL | Ages 15+ | Thirty minutes of suspension trainer stretches followed by thirty minutes of self-massage using foam rollers and trigger point release tools. All levels welcome! Learn new skills and help prevent future injuries! Low intensity.

SUSPENSION STRONG | Ages 15+ | Get a workout in and learn skills to take home using our Tru-Fit Unit® suspension trainers. Similar to TRX® training, Suspension is a moderately difficult, low impact class that will dynamically engage your entire body. Moderate intensity.

SWING DANCE | Ages 12+ | Sunny Side Swing offers Beginner and Intermediate/Advanced Swing Dance era style dance lessons: Balboa, Lindy Hop, East Coast Swing, Charleston, Shag.

FLOW YOGA | Ages 12+ | All levels yoga class focusing on linking breath to movement, flowing from one pose to the next. This faster paced practice heats the body and builds balance, strength and flexibility. Moderate intensity.

YIN YOGA | Ages 12+ | A restorative form of yoga focused on deep stretches. Poses are typically performed on the floor and are held for longer periods.

FLOW TO YIN YOGA | Ages 12+ | Yin Yang Yoga is a unique class that incorporates both movement and poses held for longer periods. Classes begin with a warm-up, followed by dynamic, active flow (yang), followed by longer held poses (yin) to help relax the nervous system.

YOUTH FITNESS | Ages 9 – 14 | Share in our passion for fun and movement in this youth oriented class full of obstacle courses, speed and range of motion drills and age appropriate weight-bearing exercises.

ZUMBA® | Ages 12+ | A total dance workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, and intense energy.