

COURSE DESCRIPTIONS & AGE RESTRICTIONS NOVEMBER 2019

BASIC SELF DEFENSE | Ages 12+ | An introduction to self-defense via traditional Shaolin kung fu training. Learn proper striking, blocking, stances, and practical self-defense techniques. Classes will include prompts to implement martial mindset and situational awareness practices into daily life. Class begins with a Shaolin style workout designed to develop increased flexibility, strength, balance, focus, endurance, and confidence.

BALANCE & MOBILITY | Ages 15+ | Using suspension trainers, experience a variety of exercises aimed at recognizing and improving balance, stability and mobility issues, with the objective of increasing day-to-day performance.

BELLY DANCE BASICS | Ages 12+ | Learn the fundamentals of belly dance and get a moderate workout in a fun, friendly setting. Learn basic isolations, rhythms and belly dance steps.

BRAZILIAN JIU JITSU | Ages 12+ | Quality Brazilian Jiu Jitsu, Judo and wrestling for community members willing to learn self-defense or competitive grappling in a friendly, positive social environment.

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.

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, placing 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.

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'/YOUTH FITNESS | Ages 5-11 | Bring your kiddos for a session of fun, active movement. Each class is different and uses active games and introduces group sports to get kids moving!

KIDS' YOGA | Ages 5-12 | A fun program for kids wanting to improve flexibility and strength while learning yoga poses and having fun. Games, meditation, relaxation, and balance techniques included!

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.

POWER YOGA | Ages 12+ | A moving meditation to hyper-focus your mind and body. This is a fast-paced vinyasa style class with a focus on strength and flexibility training. Moderate-high intensity.

QIGONG | Ages 12+ | Traditional Chinese Qigong is a low to no impact meditative movement practice. This class utilizes slow to medium paced standing and walking exercises to promote health and well-being. Qigong is known to increase mental and physical balance, reduce stress, regain mobility and flexibility, and aid in the prevention of injury and illness.

RESTORATIVE YOGA | Ages 12+ | A slow and steady yoga class with longer holds and a focus on calming the body and the mind. All fitness levels and beginners welcome.

SILVER SNEAKERS SPLASH | Ages 55+ | A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options.

SILVER SNEAKERS STABILITY | Ages 55+ | Stability is designed to help you become stronger and improve balance. Movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. A chair may be used for balance and support.

STRENGTH & STAMINA | Ages 15+ | One hour of heart pumping exercise. A mix of continuous cardio and strength intervals. Come prepared to train hard in this high intensity workout. Rest and self-modify as needed.

STRETCH & ROLL | Ages 15+ | Using foam rollers and trigger point release tools students will learn self-massage techniques targeting the connective tissues. All levels welcome! Learn new skills and help prevent future injuries!

STRONG BY ZUMBA® | Ages 15+ | STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like *high knees*, *burpees*, and *jumping jacks* are interchanged with isometric moves like *lunges*, *squats*, and *kickboxing*.

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.

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.

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

MOST CLASSES REQUIRE CLOSED-TOED FOOTWEAR (EXCEPT GENTLE, FLOW, YIN AND HATHA YOGA CLASSES). PATRONS WITH IMPROPER FOOTWEAR MAY BE TURNED AWAY FROM CLASS AT THE INSTRUCTOR'S DISCRETION.