**FITNESS CLASS SCHEDULE**
Jan 28 - Feb 03

- Classes are included with Membership, Punch Card, or Admissions
- Classes with $ do cost an additional fee. Please click on class for more details.
- Classes with * will be held in the Park; Rec Center West Lawn or Harry A. Nottingham Terrace (behind the stage)
- Classes are on a first come basis and are subject to fill. Classes do close five (5) minutes after class has started.
Class Descriptions:

**HIIT:** High Intensity Interval Training

**Yoga for Stiff People:** Yoga Flow with the purpose of stretching with intention and mindful breathing. This gentle and effective approach to yoga will ease you into strength and flexibility through the use of breathing, props, and a variety of modifications of traditional yoga.

**Slow-Flow Yoga:** Full body and mind workout. During Slow-Flow we practice three of the eight limbs of yoga; breathwork, poses and meditation. Each pose is coordinated with breathing and focused gaze for developing concentration. Slow-flow yoga is appropriate for all yoga practitioners, as modifications are provided.

**Booey Barre:** This resistance training class is a barre inspired workout, using body weight and light weighted movements to target the muscles in the arms, thighs, glutes and abdominals. The point of fatigue then stretch them for the relief, combining strength , core and stretch sequences that will sculpt the body.

**Pilates:** A powerhouse punch for you! Targeted exercises for strength, power, control and flexibility. Gain a renewed sensation of support in your legs and arms. Bring plenty of padding for this class, multiple layers of yoga mats are suggested.

**Spin:** Join us for an hour of indoor cycling that will challenge all levels of athletes. Classes combine a variety of endurance riding, strength, speed, and hill training to improve your overall fitness. Bike shoes and shorts are recommended but not required.

**Age-ility:** harnesses the transformative power of exceptional fitness, rehabilitation, and overall wellness class to enrich your life. Age-ility has evolved an approach to fitness training and rehab solutions that are proven and person-centered. Equipment will be utilized and no experience is necessary, all ages and abilities welcomed.

**Water Aerobics:** Water Aerobics is a low impact whole body conditioning that is good for your cardiovascular health and super fun and social. Takes place in the Diving Well, all equipment is provided.

**Oula:** Merges high-intensity cardio with easy to follow choreography, mindfulness practices, and a culture of inclusivity - all to an energetic pop soundtrack. Every Oula class empower participants to challenge their bodies and process their emotions through music, movement, and, most importantly, a community connection.

**Vinyasa Yoga:** emphasizes the sequential movement between postures, coordinated with and guided by mindful breath. This class is a moving meditation that creates strength, freedom and fluidity in the body and mind. All levels are welcome to join this vigorous practice in finding one's state of flow.

**Vin Yin Yoga:** Vinyasa flow series and end with longer held yin poses for all levels of yogis. Expect there to be a focus on breath work and meditation, warm ups, a challenging and strong flow, ending class with yin poses to benefit the fascial and joint system of the body. The perfect balance between effort and ease.

**Move It!** Keep your body and mind active, using various equipment like balls, straps, chairs, and body movements. “Motion is lotion!” Stretch, movement & breathing will be required!

**Hip/Hop Dance:** All dancers and levels welcome! The class will cover the fundamentals of hip hop dance, improv/freestyle, and choreography. We will dive into the street art form of hip hop dance infused with jazz, funk, soul, and other vernacular dances. The class will be based on rhythm and coordination with an emphasis on individual style. Come let your inner dancer be free!

**Yoga Sculpt:** traditional yoga poses taken to the next level in a full body conditioning workout. Performed with upbeat music and hand weights, Yoga Sculpt focuses on strength, endurance and mobility.

**MindBody Flow:** Move with breath and tune in to the subtle bodies that are with us each day. Mindful asana with alignment principles to ground into stability and seek balance. This class provides a full-body experience with the intention to draw in greater awareness to how we move physically so that we can connect that to our emotion and heart.

**Rhythm Renewal:** Ready to rev up your metabolism with a dance workout that will wake up your mind and body! Jam for an hour while giving your arms, waist, and derriere special attention. Grooving to Motown, Funk, Rock, Latin, and Swing.

**Butts and Guts:** This class provides skill based focus on both the glutes and abs for a quick burn and muscle building. All skill levels welcome, be ready to sweat.

**Strength X Pilates:** A total body workout that combines traditional resistance training with mat pilates to strengthen, tone and mobilize. All fitness levels welcome.