

## MIND-BODY

### All Levels Yoga

Includes yoga poses and variations suitable for those new to yoga and also challenging poses for those with a more advanced practice.

### Ashtanga Flow

*Ashtanga* translates to eight limbs. The classical, physical practice of Ashtanga yoga focuses on a couple of these limbs, the breath, the postures, as well as gazing points and inner locks. Ashtanga yoga is an athletic vinyasa practice that is made up of several set sequences.

## BODYBALANCE™

BodyBalance merges flexibility and flow from Yoga, core strengthening from Pilates, and mood-boosting relaxation from Tai Chi, all set to music that guides the movements.

### CoreFusion

A high-energy class blending elements of Pilates and yoga. We focus on increasing strength, endurance, and flexibility through fluid, continuous movements. Core strength is highlighted alongside balance and cardiovascular elements.

### Core Power Yoga

Designed to be physically challenging, Core Power Yoga works the entire core, building balance, central strength, and functional stability over time.

### Hatha Yoga

Hatha Yoga is the most widely practiced form of yoga in America. Hatha Yoga uses bodily postures (asanas), breathing techniques (pranyayama), and meditation (dyana) with the goal of bring about a sound healthy body and clear, peaceful mind. Hatha Yoga postures also stretch and align the body, promoting balance and flexibility.

### Iyengar Yoga

A form of Hatha (or gentle) yoga created by world renowned yoga instructor B.K.S Iyengar, Iyengar yoga focuses on performing each asana (or posture) with attention to alignment and breath control. One of the world's most widely practiced forms of yoga, Iyengar Yoga emphasizes alignment of body, breath, mind, and spirit within each pose. This precision builds strength and stamina, balance and flexibility, and provides a deep sense of well-being.

## Qigong

Qigong is mind-body exercise that uses breathing and motion to improve qi (energy) circulation. This class is designed to benefit both beginners and experienced students.

**Rocket Yoga:** Rocket Yoga is a dynamic and fast-paced style of yoga, inspired by Ashtanga Vinyasa Yoga. It is a powerful and invigorating practice that challenges both the body and mind.

## Tai Chi

Developed for self-defense, tai chi has evolved into a graceful form of exercise used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing postures and movements.

## Yoga 101

Yoga 101 is a class designed to help you learn how to do yoga in a safe and fun way. Yoga is not just a workout, it can also help with many areas of your life, but it is also very important to learn the basics properly, especially if you are new to yoga.

## Vinyasa Flow Yoga

A broad classification that encompasses many different types of yoga, Vinyasa Yoga connects one posture to the next using breath. This can be thought of as linking or flowing into postures. Vinyasa yoga is all about the movement and flow of energy as you sync the body and the mind together through motion and breath. This flow class strings poses together to make a sequence.

## CARDIO

### Aqua Aerobics

Take the plunge and try this low-impact workout that builds muscle strength and boosts your endurance. It's fun, and it can be as challenging as you like. The buoyance of the water is easy on your joints. That makes water aerobics a good choice if you have joint problems, chronic pain, or are recovering from an injury.

> Shallow water aerobics is done in water waist to chest deep, where your feet stay on the pool floor.

> Deep water aerobics is done in water over your head, typically with a floatation belt. You're suspended and don't touch the bottom.

#### Cardiolite

This is a low impact cardio class. The cardio/dance portion is followed by training to improve posture, balance, coordination, range of motion, and muscle strength.

#### Cycle

Tackle the terrain - hills, flat roads, mountain peaks, time trials and interval training. Discover your inner athlete as you sweat and burn calories to reach your endorphin high.

#### Y-Fusion Dance

You will find traditional dance steps as well as modern dance moves in this choreographed aerobic dance class. Y-Fusion Dance is a fun and effective way to get your cardio exercise and make new friends at the Y!

#### Zumba

Zumba is a great fitness class that combines Latin, International, and Salsa music with some amazing and fun filled dance moves. There will be slow and fast rhythms alternating throughout so that you can keep burning calories. Zumba is not just for people who can dance. Anybody can join in! The steps are simple, heart-pumping and fun.

### STRENGTH

#### Barre

A combination of Pilates and Yoga inspired by dance exercises. This class is focused around the "ballet barre," where you will stretch, lift and burn!

#### BODYPUMP™

BODYPUMP is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit. It uses a combination of motivating music, and scientifically proven moves to help you tone muscles, improve strength, endurance and burn calories during and after class by boosting your metabolism.

#### Body Weight Training

This total body workout uses various exercises to target every muscle group.

## BURN

This challenging class combines elements of weightlifting, cardiovascular training, and functional movements. The workout is designed to enhance different aspects of physical fitness, including strength, endurance, balance, and agility.

## Express Core

Core training is doing specific exercises to develop and strengthen the stabilizer muscles. Keeping core muscles strong helps with posture and gives you more strength in other exercises. This 30-minute class is a great way to start your day off strong!

## Iron Warriors

Iron Warriors is circuit strength training class that is open to everyone. Led by personal trainers, you will learn new routines monthly while building strength, endurance, and flexibility. This is a great small group training option.

## Strength & Balance

Becoming stronger and maintaining health and independence is the focus of this class. With a chair available, exercises to improve strength, balance and flexibility are incorporated in this low impact workout.

## Total Body Conditioning

Total Body Conditioning combines strength training and cardio to help improve muscular endurance. This total body workout uses various exercises in a high intensity interval format to target every muscle group.