



## **Group Fitness Class Descriptions**

**Barre** – A high energy fitness experience that fuses exercise techniques from the worlds of Pilates, body sculpting, ballet, and yoga. This full body workout incorporates weights, exercise balls and mat exercises. It is perfect for people of all fitness and experience levels.

**Body Sculpting** – Using a variety of equipment, instructors will take you through a workout that will challenge all the major muscle groups! This class is designed to strengthen and tone your entire body.

**Hatha Yoga** – This class focuses on better breathing, improving balance, gaining flexibility, improving strength, and learning proper alignment.

**SilverSneakers Yoga** – Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

**Somatic Yoga** – Focuses on mindfulness and sensing the body from within while doing postures and flows that balance strength building with flexibility...emphasis is on releasing chronic patterns of tension and discomfort. All levels are welcome.

**Tai Chi** – Known as moving meditation and can be done by anyone. This form (based on Sun Style & some Chen) is extremely gentle on joints and increases strength in the back and abdominal muscles. It is excellent for balance, easing stress, relaxing, and invigorating the body all while quieting the mind.

**Yoga for Optimal Health** – Weaves Hatha and Vinyasa styles together with a weekly theme. This class is for all ages and abilities.

**Yoga/Pilates/Tai Chi for the Elder Crowd** – A new chair and standing based class for seniors that combines the basic principles and practices of yoga, Pilates, and Tai Chi