

# GROUP FITNESS CLASSES DESCRIPTION



## MIND & BODY

### **Aerial Yoga**

A hybrid type of yoga developed in 2014 combining traditional Yoga poses, Pilates, and dance with the use of a hammock.

### **BodyBALANCE**

A holistic workout which combines Yoga, Tai Chi, and Pilates moves that builds flexibility and strength and to bring the body into a state of harmony and balance.

### **BodyART**

It is an intense, functional, transformative workout that combines strength, flexibility, cardio and breathing. It helps to create a dynamic balance between activity and passivity, tension and release.

### **Beginners Pilates Matwork**

A workout to develop leaner muscles, core strength and stability while heightening mind & body awareness.

### **Dynamic Yoga**

Flowing asanas (postures) combined with breathing technique to improve balance, flexibility and strength.

### **Gentle Flow & Stretch Yoga**

For stretching and stillness of mind, it offers nurturing, kindness, and compassion for the body. It lies somewhere along the spectrum between flow and a class that is mostly seated or with long holds.

### **Hatha Yoga**

Gentle, basic flow class focusing on stretching, breathing exercises and relaxation techniques. A great class if you are new to Yoga.

### **Pilates Circuit**

Applying fundamental Pilates principles to improve muscle tone and balance, while working with small pieces of equipment.

### **Restorative Yoga**

A relaxing Yoga practice where poses are held for a longer duration creating a deeper release and stretch in the body. Aids in increasing flexibility and calming of the mind.

### **Yoga Stretch**

Dynamic, static stretching which will energize the body, improve flexibility, strength and overall health.

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## **Yin Yoga**

Slow-paced style Yoga exercise with asanas (postures) that are held for longer periods of time, it may range from 45 seconds to two minutes.

## **Vinyasa Yoga**

A creative variation based on the principles of Ashtanga. Vinyasa means flow and unites breathing and postures. It can provide some aerobic components while improving strength, balance and coordination. Yoga experience suggested.

## **Yogilates**

Integrates the effective core strengthening exercises, alignment principles and a proper warm-up to the spine from Pilates with the breathing techniques, muscular endurance and flow of Yoga.

## **STRENGTH & MUSCLE CONDITIONING**

### **ABT**

This 'abs, butts and thighs' target training utilises the largest muscles in the body to burn calories and get your entire body to be in amazing shape.

### **BODYPUMP**

The original barbell class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

## **AEROBICS/ CARDIOVASCULAR CONDITIONING**

### **BODYCOMBAT**

A martial arts inspired workout, incorporates concepts from Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai.

### **Circuit Training**

This is a body conditioning or endurance training or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.

### **Indoor Cycling**

Using special stationary bikes, the focus can switch between endurance, strength, speed and recovery. Low impact, but high intensity.

### **Zumba Fitness**

A dance-fitness class of exotic rhythms set to high-energy Latin and International beats. Lose yourself in the music and dance your way into shape!