

# Class Descriptions

## STUDIO 1: MIND & BODY CLASSES

**Yoga Fit:** The place where yoga meets fitness. This class combines traditional fitness training with breathing and strength building all centered on yoga principles.

**Gentle Yoga:** This yoga class integrates postures, breathing techniques, relaxation, and meditation to harmonize you on every level-mind, body, and spirit. It is a delicious, mindful, and moving class. All are welcome

**Level 1 Yoga:** From beginner to advanced, this multi-level "Hatha" yoga class focuses on flexibility and endurance while uniting the mind, body, and spirit through guided meditation. Enjoy!

**Flow Yoga:** Sometimes referred to as "Vinyasa" style yoga. This class will link poses together to create a heat building and energizing experience, while reducing stress at the same time. All levels welcome!

**Pilates:** This class based on the work of Joseph Pilates will stretch, strengthen, and lengthen all the major muscle groups with a strong emphasis on core stability. If you want to develop a lean, strong body, this is the class for you..

**Yogalates:** The best of both worlds! A combination of yoga poses and Pilates exercises working together

**Stretching:** This "feel good" class is designed for all level participants and incorporates light stretching, gentle yoga poses, and a relaxing meditation. This class is for everyone!

## Group Fitness Staff:

Audrey Sommers  
Bettina Jones  
Chris DeFeo  
Craig Iorizzo  
Donna Riker  
Evette Halligan  
Fay Yeager  
Helena Jursca  
Helen Pallesen  
Jen Cresitelli  
Kathy Mellay  
Hasmig Mekjian  
Kim Mazzeo  
Lesley Breuer  
Lina Carpenito  
Linda Alania  
Linda Cetta  
Linda Dickman  
Maria Tozzi  
Maureen Buchheister  
Mina Desantis  
Nancy Whittaker  
Nicole Inphy  
Renee Prevot  
Roger Anthony  
Sabrina Greenstein  
Toby Feldman

## STUDIO 2: Aerobic and Strength Classes

**Absolution:** An AB-solutely fabulous workout of all four abdominal muscles as well as lower back

**Body Sculpt:** A class designed to sculpt your entire body! A great class for beginners to advance.

**Boot camp:** This intense cardio/sculpting class will push you to your limit and work your entire body. This class will give you the physical and mental challenge you've been waiting for!

**Cardio Kick:** A cardiovascular workout that includes boxing punches, blocks, and foot work for that total body workout. This class is suitable for a beginner through advanced participant.

**Cardio Sculpt:** Enjoy non-stop body sculpting accompanied by heart pumping cardio. All levels welcome.

**Fitness Over 50:** This class offers a low level, low impact aerobic workout, mixed with muscle conditioning, balance development and gentle stretching.

**Flirty Girl Fitness:** A fabulous, easy to follow, cardio-intensive, dance aerobics class that will leave you feeling like you had fun with your friends rather than working out. No poles, no chairs, just dance 'til you sweat! All levels welcome.

**Power Hour:** This 60 minute barbell class strengthens all your major muscles in an inspiring, motivating group environment. Power Hour is for all ages and fitness levels. Discover your own strength and see results. This class is your hour of power!

**On the Bag:** The ultimate boxing workout utilizing the bag as a target. This high energy workout combines martial arts based moves with kicks, punches and sculpt combinations. All levels welcome!

**Senior Sneakers:** Have fun and move to the music through a variety of exercises designed to increase strength, range of motion and activities for daily living skills. A chair is used for seated and/or standing support.

**Step Interval:** The choreography is basic, the workout is not! A dynamic combination of step, athletic drills with the step, and weights. A great physical challenge!

**Step Fever:** For the stepper who likes a mental challenge as well as a physical one! Complex choreography patterns and some dance moves (Intermediate / Advanced).

**Strength & Alignment:** Create a leaner stronger, stronger, more flexible body using classic sculpting and stretching techniques. A great class for beginners.

**Super Sculpt:** An energetic body sculpting class that combines fun, free weights, and up beat music aimed at increasing overall muscular strength and endurance. All fitness levels are welcome.

**Tai Chi:** This class offers Qi Gong exercises and Tai Chi "forms" in an easy to learn format that is appropriate for all levels. These Chinese martial arts disciplines can help reduce stress and increase strength, balance and flexibility.

**Zumba:** This class incorporates dances moves from Flamenco, Salsa, and other dances. Zumba is a style of dance/aerobics done to pulsating Latin music. It is like no other workout you will ever experience.

**20/20/20** – The perfect class to target all of your fitness needs. 20 minutes of cardio, 20 minutes of weight training and 20 minutes of abs and stretching. All levels welcome!

## STUDIO 3: Spinning

**Group Cycle:** A fantastic heart pumping workout for all ages and levels. Taught on a stationary bike, you will climb, spring, and train to incredible music and extraordinary instruction.

## TREKKING:

This 45 minute high energy Treadmill class will raise the intensity and challenge for runners, but is also a workout suited for walkers. Either way, Trekking provides an interval workout and helps alleviate boredom on the treadmill. All levels. Class size is limited to 13.

\* Must bring your own headphones.

## GRAVITY PILATES:

This is an intense 30 minute total body workout using Pilates mat principles on our Gravity machine. This small group personalized class is great for people who have limited time but need a full workout.

**\*This class is limited to three people**

## GROUP FITNESS CLASS POLICIES

1. The purpose of a warm-up is to prevent injuries. For this reason, please do not enter a class if you are more than 10 minutes late.
2. Do not wear perfume or cologne to any class.
3. You must wear proper attire to all classes.
4. All classes and instructors are subject to change without notice
5. Please be considerate. Do not enter studio before previous class has ended.