



Group Fitness Schedule

CLASS DESCRIPTIONS

<p align="center">Power Zen Yoga</p>		<p align="center">Yoga Works</p>
<p>A fusion based upon Zen mediation, classic Chinese and Indian yoga, linking rhythmic breathing and powerful flowing movements. When practiced properly immense heat is created deep within our core that acts to purify the body. The focused breathing technique of "ujjayi" calms the mind and soothes the nervous system leaving one with a deep meditative calm. Bring your yoga mat!</p>		<p>A blend between Ashtanga and Iyengar traditions, the class will create strong foundation through the use of fundamentals and alignment while connecting with the breath and the inner rhythms. The focus is on honoring one's own level and process as the student learns to gently deepen and enrich their practice and experience of Hatha Vinyasa Yoga. Bring your yoga mat!</p>
<p align="center">Kundalini yoga</p>		<p align="center">Bike</p>
<p>Kundalini yoga is a physical and meditative discipline, comprising a set of simple techniques that uses the mind, senses and body to create a communication between "mind" and "body". Kundalini yoga focuses on psycho-spiritual growth and the body's potential for maturation, giving special consideration to the role of the spine and the endocrine system in the understanding of yogic awakening.</p>		<p>Indoor group cycling program designed to create a group exercise experience. Participants achieve their cardiovascular, and muscular strength goals thru the use of musically defined rhythms and cycling drills. Beginners are welcome and encouraged to come and try our bike class, however it is recommended to arrive 10 minutes early to allow for bike set-up and safety tips.</p>
<p align="center">Body Blast</p>		<p align="center">Pilates</p>
<p>A muscle conditioning and endurance class for the whole body. Using weights and STEP platforms, to challenge your muscles and provide the toning you don't get from cardio classes.</p>		<p>Pilates exercises teach awareness of breath and alignment of the spine, and strengthen the deep torso muscles. Good for all levels of participants. Bring your yoga mat!</p>
<p align="center">STEP</p>		<p align="center">Cardio Dance</p>
<p>A fun and challenging cardio class using the Reebok step. Moves are pre-choreographed in combinations. There is always options for beginner and advanced steppers. This class finishes up with toning and abs.</p>		<p>Place together patterns of choreographed dance which will have you moving all over the floor having fun and sweating it up.</p>

<p style="text-align: center;">Cardio Salsa</p>		<p style="text-align: center;">Cardio/Sculpt Challenge</p>
<p style="text-align: center;">Feel the salsa rhythm. This one hour Latin inspired salsa class is progressive and good for any fitness level. Take it at your own pace and have fun!</p>		<p style="text-align: center;">An intense hour of functional exercises designed to challenge all major muscle groups. You will gain strength, tone, flexibility and leave feeling empowered. Experience the satisfaction of redefining your limits. All levels are welcome.</p>
<p style="text-align: center;">Cardio Kick box</p>		<p style="text-align: center;">Cardio Mix</p>
<p style="text-align: center;">Kick boxing and martial arts movements accompanied by energetic and motivating music A class that can be done at several levels. Instructor will always give options to work at your pace whether that is advanced or beginner.</p>		<p style="text-align: center;">This class is a little bit of everything. Including STEP, Hi Low, and Cardio Dance! Participants will be taken through several different choreographed patterns. The end also includes some toning and ab work.</p>
<p style="text-align: center;">Cardio Dance</p>		<p style="text-align: center;"><i>Step out of your comfort zone and try a new class you might surprise yourself and fall in love with it.</i></p>
<p style="text-align: center;">Place together patterns of choreographed dance which will have you moving all over the floor having fun and sweating it up.</p>		

