

## July 2010 Class Descriptions

### **BellyFit® – Self-Paced (60 minutes)**

Expect to burn mega calories, relieve stress and get the sweat flowing with fun, easy to learn cardio moves infused with the ancient and beautiful fundamentals of Belly Dance, Bollywood, Bhangra, African Dance and more. Enjoy sculpting, toning and tightening with Pilates inspired core work, a deep yet relaxing Yoga inspired stretch and mindful Mudra Meditation. Be inspired and motivated by high energy electronic beats, fused with culturally rich ethno-organic sounds and melodies, and experience an hour that inspires the body, the mind, the spirit and the heart to reach beyond limitations and into pure transformation.

### **Boot Camp – Moderate to High Intensity (40-60 minutes)**

Perfect for the participant that wants an individual workout in a group environment, this athletic training session will challenge your personal fitness level. The instructor will guide you through an ever-changing variety of exercises in rapid succession, working your upper body, lower body, core, aerobic and anaerobic capacities. Alternatives will be provided for each exercise so that participants can work out at their own level.

### **Cardio Rebound - Moderate to High Intensity (60 minutes)**

Discover this low-impact, high results class using a specialized trampoline. The workout comes from resisting the soft rebounding surface, thus reducing injuries common to runners, athletes and the aging population. The class will help build bone and muscle density while improving coordination and balance. This innovative and multi-level program will also include a series of strength exercises as well as core and abdominal work.

### **Hatha Yin - Low Intensity (60 minutes)**

This class is a combination of long-held floor postures and dynamic Vinyasa Flow standing postures. Please wear comfortable clothing and bring a yoga mat if you have one. Bare feet is recommended.

### **Hatha Yoga Flow - Low to Moderate Intensity (60 minutes)**

A slower form of Yoga, as compared to Ashtanga, this class will help the body find proper alignment and mindful actions through the holding of poses. Hatha Yoga brings balance, strength, and a sense of well-being to the practitioner. This class will gradually assist students to move beyond Level I and begin exploring concepts and poses to lead them to the Level II or intermediate level. Please wear comfortable clothing and bring a yoga mat if you have one. Bare feet is recommended.

### **MAX Strength - Moderate to High Intensity (40 – 60 minutes)**

This class consists of a brief warm-up, followed by a mainly non-cardiovascular workout that will challenge various muscle groups through slow, resistive exercises. In some classes, your cardiovascular fitness may also be challenged with short, intense segments of interval conditioning. This class is designed to improve muscular strength using hand held weights, Resist-a-Bands, Dynabands, the Stability Ball and the Body Bar. Minimal choreography.

### **Nia - Self-paced (75 minutes)**

Nia is a mind-body fitness program that is lead by soulful music that entices you to move. It combines a diverse blend of movements, concepts and philosophies from the worlds of the healing arts (Yoga, Feldenkrais Teachings, Alexander Technique), martial arts (Tai Chi, Aikido, Tae Kwon Do) and dance (jazz, modern dance, Duncan dance). The result is a multidimensional combination of movement speeds and styles, ranges of motion, and energy dynamics. People of all kinds can participate by adapting the joy of movement to a depth level that feels right for them. Nia is ultimately based on the Pleasure Principle: "If it feels good, keep doing it – if it hurts, stop!" Please wear bare feet and comfortable clothing.

### **PowerCORE – Self-Paced (40 – 60 minutes)**

This full body workout will help build a foundation of strength and flexibility by combining elements of Resistance Training, Yoga and Pilates. Concentrating on the core, with an emphasis on form, you will be guided through slow controlled movements using light weights and small balls. Bare feet and stretchable clothing preferred.

### **Learn to SPIN - Beginner (40 minutes)**

This introductory workshop style class is designed specifically for people who have never attended a spin class but would like to give it a try. It will provide you with the knowledge and confidence to attend regular spin classes. You will learn proper bike set up, body alignment and how to pace yourself for a successful ride. Please bring water to class. A towel will be provided.

### **The Racquet Club X Factor Workout – All Levels (60 minutes)**

Find your limits and learn how to push beyond them to get in the best shape of your life. Because the equipment you use is catered to your strength, stamina and fitness level, the Racquet Club X Factor Workout is suitable for everyone from novice gym-goers to elite athletes. Each exercise in this program has been selected for your personal success. In order to attend X Factor Workouts you must complete a two hour mandatory X Factor Technique Workshop in which you will learn the basics of each move.

### **SPIN - Self-Paced (40 – 60 minutes)**

This indoor cycling class is designed for both the beginner and experienced spinner, and for all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for your body. The class focuses on aerobic endurance conditioning and aerobic interval training, with brief, high intensity bursts that push past your anaerobic threshold. Please bring water to class. A towel will be provided.

### **SuperSTEP - Moderate Intensity (45 minutes)**

Start your weekend off right with a super-charged cardio workout. The focus of this class is to get your heart rate up and have fun doing it. Dynamic choreography and motivating music will have you stepping in style and 45 minutes will go by in a flash. Please bring water to class.

### **Vinyasa Yoga Flow – Moderate to High Intensity (40 – 75 minutes)**

Vinyasa: "link of breath and movement". An energetic class that will utilize flowing sequences to link postures. The class will emphasize alignment and longer posture holds to build strength and increase flexibility. The class structure will vary by week with twisting, upper body strength, backbending, forward bending or chest or hip opening being emphasized. Please wear comfortable clothing and bring a yoga mat if you have one. Bare feet is recommended.

### **Yin Yoga - Low Intensity (60-75 minutes)**

Most forms of yoga practiced today are Yang - emphasizing muscular movement and contraction. By contrast, Yin Yoga targets the connective tissue of the hips, pelvis and lower spine. The postures (generally seated ones) are held from three to five to ten minutes at a time. This type of practice compliments the more muscular styles of Yoga and is a great aid for learning to sit in meditation. Please wear comfortable clothing and bring a yoga mat if you have one. Barefeet is recommended.

### **Yoga Fusion - Low to Moderate Intensity (60 minutes)**

Beginner and intermediate participants move through basic standing and seated yoga postures, focusing on using breath to relax into poses and improve strength, flexibility, balance and concentration. Participants are encouraged to be mindful during yoga, to listen to their bodies and release mental and physical tension through breath, extensions, twists and relaxation. Please wear comfortable clothing and bring a yoga mat if you have one. Bare feet is recommended.

### **Zumba® – All levels (45 minutes)**

Ditch the workout. Join the party. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!