

KRIPALU HATHA YOGA**LOW TO MODERATE INTENSITY (90 MINUTES)**

A Hatha yoga practice that helps to cultivate meditative awareness; compassion for the self and others; inner stillness; direct experience of prana (life force); and helps you to find 'your yoga'! Breath and movement are coordinated, and the practice of meditation is explored (seated and moving). Classes incorporate thoughtful readings and reflections on yogic principles. The practice also benefits the musculo-skeletal system, and the respiratory, circulatory, digestive, immune and nervous systems. Please wear comfortable clothing and bring your own yoga mat.

PRANA FLOW YOGA**LOW INTENSITY (40-75 MINUTES)**

Prana ("life-force or energy") Flow ("movement of energy") is a fluid, energetic class originally developed by Shiva Rea. Each month there will be a feature "peak pose" and all asanas (poses) will be related to the peak pose. Asanas are taught in waves, repeated cycles of connected asanas which cultivate strength and flexibility. Waves of asanas are centered, connected and grounded by breath and therefore foster a calm mind. Participants will have the opportunity to build towards achieving a more advanced pose while increasing their mind/body awareness.

RESTORATIVE YOGA**LOW INTENSITY (75 MINUTES)**

Originally designed to help with recovery from illness or injury, Restorative Yoga encourages deep relaxation and meditation to restore health and peace of mind by finding the power of inner healing. Please wear comfortable clothing and bring your own yoga mat. Barefeet is recommended.

VINYASA YOGA FLOW**MODERATE TO HIGH INTENSITY (40-90 MIN)**

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 your own yoga mat. Barefeet is recommended.

Racquet Club
squash, health & fitness

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 your own yoga mat. Barefeet is recommended.

BELLYFIT®**MODERATE INTENSITY (60 MINUTES)**

Bellyfit is the Fusion Fitness experience exclusively for women. It blends the power and wisdom of ancient cultures, with the research, technology and trends of the modern world. It is designed to connect you to the deep, primal feminine within, while helping you find strength to deal with modern day stress. Please bring your own yoga mat.

BODY BLAST**MODERATE TO HIGH INTENSITY (60 MINUTES)**

Start your day energized with a complete body workout. This class combines cardio and resistance training with a wide variety of strength and toning equipment and ends with abs and floor work. Prepare to break a sweat, so stay hydrated.

BOOT CAMP**MODERATE TO HIGH INTENSITY (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.

BOXING**MODERATE TO HIGH INTENSITY (40 MINUTES)**

This class is a fun and motivating way to challenge your aerobic conditioning, improve coordination and your core strength. A whole body workout, Boxing concentrates on footwork, speed and power combination drills using focus pads and kick shields. No previous experience is required.

CIRCUIT**MODERATE TO HIGH INTENSITY (50 MINUTES)**

Taking place in the fitness studio, this class offers a variety of individual stations designed to challenge specific muscle groups while keeping the heartrate elevated. Working individually,

participants move rapidly from station to station alternating strength work and cardio. Each station can be modified to challenge participants at their own level, making this class suitable for novice exercisers and accomplished athletes.

MAX STRENGTH**MODERATE TO HIGH INTENSITY (40-60 MIN)**

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.

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. Barefeet and stretchable clothing preferred. Bring your own yoga mat.

STEP**MODERATE (60 MINUTES)**

This fun and energetic class will get your heart pumping while it shapes and tones your lower body. Incorporating rhythm and motivating music, each class will finish with an ab workout.

TABATA BOOTCAMP**MODERATE TO HIGH INTENSITY (40 MINUTES)**

The Tabata Protocol is an 8 interval cycle with 20 second work periods and 10 second rest periods of the same exercise. These intervals tax both your aerobic and anaerobic energy systems and lead to increases in strength, improved aerobic conditioning, faster metabolism and a higher anaerobic threshold. All of this means that you are going to get strong, lean and add an explosive element to your strength. This class includes 6 full body functional Tabatas incorporating a variety of equipment such as ViPR, step platforms, hand-held weights and more. The style of this class allows you to gauge your energy output and/or modify exercises allowing for an individualized workout with the energy of a group setting.

VIPIR BOOTCAMP**ALL LEVELS (40-60 MINUTES)**

ViPR = Vitality, Performance and Reconditioning. At the heart of ViPR training is the concept of whole-body integration for every action and

movement performed. Classes may incorporate other equipment but the focus of this class is ViPR. During the training session the instructor will guide you through a combination of strength, aerobic, anaerobic and agility drills for a dynamic and effective workout. ViPR is designed to encourage a flow of rhythmic multi-directional movement along all three planes of motion. It combines the programming of a traditional resistance workout together with the physical agility needed for optimal sports and fitness performance.

ZUMBA®**ALL LEVELS (45 MINUTES)**

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!

ZUMBA TONING®**ALL LEVELS (60 MINUTES)**

When it comes to body sculpting, Zumba Toning® raises the bar (or rather, the toning stick). It combines targeted bodysculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs.

SPIN**SPIN****SELF-PACED (40-60 MINUTES)**

This indoor cycling class is designed 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.

SPIN - REVOLUTION**SELF-PACED (60 MINUTES)**

This class challenges participants to keep the pace and push their boundaries. Pedaling cadence or "rpm" will be emphasized, along with longer work and recovery intervals. Participants will gain an awareness of their cycling strengths and weaknesses while paying attention to their cycling rhythm. It's the perfect class to re-up the transition from "dry-land training" back to the open road. All levels are welcome.