

BALANCE FITNESS STUDIO

CLASS DESCRIPTIONS

Long Ride Spin: This exhilarating ride will get your heart pumping. Taught on a stationary bike, you will climb, sprint and train to incredible music and extraordinary instruction!!

Cycology: This ride puts a focus on your heart rate zone and cadence by incorporating the five energy zones of indoor cycling: recovery, endurance, strength, intervals and race day. Bring your heart rate monitor!!

S.I.M.S.: This ride involves speed, intervals, mountain climbs and sprints. Everything you need for race day!

Mountain Spin: This ride will take you along winding trails up hills and through mountains. Climb to heights only you can achieve!

Race Day: All your previous rides have prepared you for race day. You have trained for this!!! Climb and sprint to reach your goals!!

Beginner Basics: Moving to some familiar tunes from the 80's. Integrates cardio and weights in a fun atmosphere.

20/20/20: A combination class, three different components each 20 minutes in length...Studio Cycling, Weight Training, and Pilates-based core.

Weights 123: If you are new to resistance training, this is the class for you. Targeting all major muscle groups, each exercise can be modified to include all fitness levels.

Chisel: Use weights and calisthenics to sculpt and shape muscles. Focus on light weight and high reps using body bars, bands and free weights. Increase strength and definition while working muscular endurance.

Ultimate Circuit: A circuit class that moves! This is a challenging no-rest workout, moving quickly from resistance work to calisthenics, using equipment and/or your own body weight. You'll work, you'll sweat...and burn calories like crazy!

Ultimate Conditioning: The next level of training. Your muscular strength and endurance will be tested when combined with cardiovascular movement. Feel like you are training with a personal trainer. Great for all levels of fitness.

Hit em Hard: Change up your routine with something new! Learn good boxing form in a safe environment using kicks, jabs, and punches, along with jump rope for great cardio work. Full body workout including core and stretching.

Core & Stretch: 30 minutes of total core – abs, back, and balance, using different equipment pieces each week...followed by a well-deserved 15 minute full body stretch.

Rhythm & Zumba: A hot and sweaty dance party!!!! Hip hop, reggae, zumba, salsa all to current radio tunes. This not stop 60 minute workout will meltaway fat while boosting your dance skills like never before!

Essential Pilates: Introduces you to the principles and exercises that are fundamental to the STOTT Pilates system. You will feel strong, streamlined, and invigorated after this thorough workout.

Intermediate Pilates: A step up from Essential...more exercises with more strength and coordination needed, and a faster pace.

Intermediate/Advanced Pilates: This class challenges strength, flexibility, endurance, and coordination. You will heighten your body awareness with this invigorating workout. This class is very challenging and the pace is fast. You will be expected to be familiar with all Essential and Intermediate exercises. *Check with your instructor prior to attending.*

YOGA

Yoga Flow: This style of yoga flows through postures (asanas) linking movement with breath, which can be challenging, but fun! Poses may be held to build heat, breath and power. Yoga Flow will help release stress & tension, improve flexibility and increase strength of body and mind. Like meditation in motion, yoga will leave you more energized, yet peaceful and calm.

Hatha Yoga - For any level - beginner, intermediate and advanced, Hatha Yoga not only gently stretches the body but also the mind & spirit. This class helps improve your posture, relieve your pain & energize your body, all with basic moves (asanas). The student will learn how to breath calmly while doing various asanas to open the body, mind and spirit.

AM Yoga Practice - A full morning practice that begins with breathing exercises and moves through asanas or postures of the Hatha, Kundalini or Iyengar traditions. A complete savasana or relaxation followed by a short meditation closes the class to offer the body & mind and fresh and balanced perspective to the day.

Evening Yoga – Following a restorative pose and focus on breathing, this practice will use YIN YOGA to open the lines of the body, release tension and challenge the mind to surrender, to let go. A short flow through the sun salutations will re-energize all aspects of the person. A full relaxation period and meditation will end the "sadhana".

balance

FITNESS STUDIO

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