

CLASS DESCRIPTIONS

Fall 2017

ALL LEVEL FLOW YOGA-This flow yoga is welcoming to all participants. Breathing and flowing postures and moving meditation can be modified and progressed so everyone has their best experience each week.

Barre Above™ is a fun and dynamic low impact class with a focus on providing safe and effective barre exercises for all fitness levels. Classes utilize fitness props including a small ball, Gliding discs, hand-held weights, and resistance tubing. Leave feeling challenged and successful with this barre fusion workout.

Barre-less BARRE- A Pilates infused transformational workout that tones and reshapes your body from the inside out by lengthening and strengthening your muscles.

C3-Conditioning Coordination Control- A fast paced workout focuses on balance, strength, coordination and flexibility. We work on exhausting the muscles groups through controlled movements, to improve endurance, power, coordination and muscular stability. This barre-based, cross training class improves functional training for life and for sports!

Core De Force- martial arts-inspired workouts designed to slash inches off your waist, blast belly fat, and sculpt total-body definition—no equipment needed.

CORE & MORE: A Pilates style class that incorporates mat principles in addition to other core moves for a full body burn!

INTERVAL/STRETCH EXPRESS- 45 minutes of strength and cardio intervals with yoga stretch recovery between intervals for the perfect fitness mix! All levels welcome.

LEANSTRENGTH-A body and core conditioning class designed to target all muscle groups for a Lean and Toned result.

LEANSculpt Love Pilates, Barre and a good sculpt class? This class combines all 3 to focus on building core strength and sculpting your full body with the postural emphasis and stretching moves to round out your workout

LIFT: Utilizing compound movements, weights, bands and ball work, this class will focus on strength, core stability.

OPEN & MIXED LEVEL YOGA: Open to all, individuals can modify, progress at their own level. Perfect way to end the day.

Myofascial Stretch and Core: Release your tight muscles with 50 minutes of guided Foam Rolling, stretching, and core strengthening work to release your tight spots and reduce acute and chronic pain. Foam Rollers will be provided.

PEDAL&PUMP: An interval based class with cardio conditioning on the bike and weight training exercises off the bike!

PILATES MAT: A total body workout that emphasizes alignment and breathing. Working with the torso as the body's center, exercises target abdominals, lower back and hips. This class enhances muscular balance and improves posture essential in the reduction of injury risk in everyday activities.

P90X- Uses short targeted training phases so your body keeps adapting and gets stronger. You'll always be progressing with the variety and intensity of the workout.

PowerX This Total Body Conditioning Class adds a little Power to the usual body conditioning while using weights and body weight to build strength and burn energy. Perfect progression leads you to a new fitness level! All levels welcome.

R.I.S.E BOOT CAMP: Challenge yourself with this fast-paced, calorie-blasting workout that mixes aerobics with light strength training for a highly effective, total body burn. Boot Camp is geared toward all fitness levels. Modifications are always offered for the beginner to the advanced.

SLOW FLOW: Strength and stretch through slow flow movements with a focus on proper alignment. Meditation in movement and the purpose of letting go of tension.

SPINNING: A high energy indoor cycling class, challenging, fun, and one of the best low impact ways to improve cardiovascular fitness while burning lots of calories. Suitable for all levels.

STUDIOWORK: SRC's signature class combines rowing intervals on the C2 rowing machines with dynamic sculpting exercises for the perfect balance of cardio and strength training. 50 minutes of a low-impact, efficient, full-body workout all set to high-energy music.

SWEAT-High intensity cardio and body weight exercises set to rhythmic music to keep you constantly moving! Finish off with some high repetition weight lifting. Come in and sweat!

TOTAL BODY: This class utilizes your body weight and lightweight with plenty of repetitions to make you feel the burn in all areas of the body. All Fitness levels welcome.

VINYASA YOGA: A vigorous training of the body, mind and spirit. This practice combines elements of Bikram, Ashtanga and Iyengar styles to create a free-flowing and accessible practice that will sculpt and tone the muscles of your whole body.

YOGA for Wellness-Sequences, poses and techniques offered to help target an individual's specific stress points.