

## Group Class Descriptions Master List

### Yoga Classes

#### **Please note:**

Some Yoga classes may burn essential oils. If you have an aversion to or condition to contraindicate essential oils, please check with the instructor or the client services desk to see if the class is appropriate for you.

**Flow Yoga:** This refreshing and invigorating class incorporates the “vinyasa” style of yoga. Flow Yoga encourages an energetic yet comfortable pace of flow sequences linking poses mindfully and exploring the connection of the body, mind and breath. This uplifting class will help you release tension, enliven your body and develop dynamic balance with fluid movements and creative variations.

**Power Yoga:** A More Vigorous Vinyasa style Yoga class with an emphasis on strength, flexibility and endurance and body awareness. Rev up your fitness routine with this invigorating and challenging yoga class. Based primarily on Sun Salutations, this class will work your heart, muscles and mind! There is creativity in the sequencing which makes the class unpredictable and a lot of fun. This is a fast-paced class and some yoga experience is required.

**Sunrise Yoga:** Sunrise Salutations early morning yoga class provides gentle opening and stretching to prepare your body and mind for the challenges of the day ahead. This class is for all levels. Class will begin with gentle movements to wake up the body, and move on the classic Sun Salutations to welcome the new day and invigorate and stimulate your muscles, metabolism and creativity. Increase your flexibility and start your day fresh and rejuvenated with Sunrise Salutations.

**Spa Yoga:** Enveloped in candlelight we facilitate a physical, mental and emotional journey for relaxation and rejuvenation. Aromatherapy is the science of scent and its effect on our Well-being. Incorporating scents of soothing aromatherapy oils aids in grounding, deep relaxation and rejuvenation. Carving out personal time for Spa Yoga provides a way to relax, reflect and reenergize. Indulge and pamper yourself!

**The Yoga Sampler:** Take the time to diversify your yoga and fitness routines by attending this hour long class. The Yoga Sampler was designed to introduce new and exciting yoga styles, traditions and techniques each week, so you can truly experience all that yoga has to offer. By experiencing the many different ‘schools’ of yoga your personal practice will be more complete. There is something for everyone in this class, which is offered at all levels with modifications for both the beginner and more experienced practitioner. Prepared to be challenged not only in body, but in mind!

**Yoga for Strength:** A class that focuses on poses and sequences that will help you develop both upper and lower body strength, using body weight only, while still increasing overall flexibility. The focus of the class will be on approaching yoga poses from a place of stability, which will help improve balance, posture, and overall conditioning.

**Yoga- Core Flow:** Explore and unlock and integrate the “core”- both the physical “core”- musculature and “core”- the essence of who you are, to connect on a deeper level both physically and emotionally, resulting in better overall health and vitality!

**Yoga- Happy Hips:** Modern life and stress can often lead to tight and unhappy hips. This yoga practice will focus on relieving congestion and weakness in the hips. Unlock the freedom and ease of movement and allow for better overall body mechanics and firing patterns in every day activities. (Based on work developed by Jill Miller)

**Yoga- Stable Shoulders:** Unlock the shoulders, understand the “rotator cuff” and other muscles that get tight, weak, and can cause a multitude of problems if left unaddressed. Enhance your strength and stability to take your weight bearing to a safer place. (Based on work developed by Jill Miller)

### Pilates Classes

**Pilates Pure Mat:** A starting place for all! Learn the basic principles of Pilates! Improve overall body mechanics, strengthen and realign. Emphasis on abdominal and back muscles leads to increased core strength and stability.

**Pilates Ball:** Take your Pilates workout to a new level. The unstable nature of the ball will test your balance and work every inch of the body. The ball may also be used to increase flexibility, incorporate equipment exercises, and add weighted resistance to some of Joseph's classic matwork exercises.

**Pilates Circuit:** A full body Pilates and Cardio cross training workout using timed exercises at multiple stations. Strong knowledge of the beginner matwork exercise repertoire and experience with props required for this class. Shoes required.

**Pilates Ring & Roller:** A great class for sculpting the arms and inner thighs while challenging your core stability. This class will incorporate some popular reformer and chair exercises using the ring and roller. Class will finish with a short body rolling session to roll away any muscle tension.

**Pilates Fusion:** A full body workout combining a Fusion of Yoga to open the body, Pilates to stabilize and strengthen and Movement to integrate challenging coordination and balance. Improve Flexibility, Strength, Posture, Coordination and Balance!

**Pilates Bosu:** This exciting class is definitely not one to miss. Using the BOSU, intermediate pilates movements take on new form as your body is forced to keep stable on the ball. This is a great class for opening up the chest and back muscles.

**Pilates and Movement:** This class will integrate Matwork into standing and moving through space.

**Pilates with Props:** Pilates with Props: In this class we recreate the Pilates equipment exercise variations and get creative with props for a whole new experience of Matwork. The use of resistance bands, blocks and balls gives variety and a new insight into Pilates matwork.

**Roller Ring & Disk:** Isolate your spinal movement and positioning as you go through Pilates exercises. This class will challenge your stability and aid your postural development, body awareness and proprioception. Great for rehab, athletes, or anyone wanting to fine-tune their technique.

**Pilates on the Foam Roller:** Test your knowledge of the fundamentals. Link the mind and body through this balance-building mat class. Techniques improve posture and alignment while increasing flexibility and range of motion.

**Pilates Toning Ball:** This total body exercise program tones your entire body, while systematically targeting your rotator cuff, shoulders, arms, abs and thighs. \*\*Prerequisite: 5 Private Mat Classes

**Pilates with Props:** Using the methods and practices learned in the Beginner 2 class, which incorporates a combination of apparatus such as the Bosu, band, Stability Ball and pure mat-based exercises, this class with the addition of unstable surfaces and resistance will further challenge your body with more advanced moves.

**Pilates with the Ring:** Take basic mat work to the next level. The pilates ring uses light resistance to tone specific muscles and develop greater torso stability.

**Vertical Pilates:** A fun, innovative and challenging approach to Pilates matwork done standing up! Executing the floor matwork while standing on one or both legs transferring weight requires precise control of all muscles through balance and coordination. This is an extreme workout for core strength, balance and body mind integration.

**Walk-ilates™:** Developed by master Pilates teacher Ellie Herman. The class begins with special releases and stretches using the ethafoam roller, followed by Pilates Mat exercises using the magic circle and standing balances. The class culminates in walking outside where proper gait and optimal alignment are stressed. Everyone will receive personal corrections to address their gait patterns.

### **Fitness (Weight training/Cardio Classes)**

**Bosu Blast:** Strength training utilizing the Bosu, challenging core stability, balance and strength.

**Cardio Kickbox:** Martial arts and self defence meets old Skool Aerobics!

**Core Challenge:** Get more from your core! Challenge your entire body from the inside out with the use of various props. This intense challenges you to activate your core helping you to improve posture and avoid low back pain. Sure to challenge all levels.

**Core/Strength Fusion:** This 60 minute class combines Cardio and Strength Training for a time maximizing full body workout.

**Full Body Blast :** This strength and cardio class will give you a whole body work out that is sure to make you sweat! You will build the intensity of your work out using weights and various props while balancing the body and increasing strength and endurance. A great class for those wanting to learn how to vary their work outs and push the body to see results! BLAST the boredom out of your work out!

**Full Body Sculpt:** Weight training to sculpt all major muscle groups.

**Hula Hoop Fitness:** If you're looking for a quick and easy way to strengthen your core muscles and you want to have fun, why not give hula hooping a try? The hula hoop can effectively trim your waist, hips, and thighs, build abdominal and lower back muscles, and give your cardiovascular system a work out.

**Kettlebell Conditioning:** Kettlebells look like a cannon ball with a handle. They have been used as a mainstay in Russian fitness programs since 1704, as an easy way to burn fat and build strong lean muscle, core strength, flexibility, endurance and agility. The exercises for kettle bells are designed to integrate, not isolate your muscles so you become functionally strong and build a body for both show and go!!!

**Intense Intervals:** Sculpt and challenge your body to the max! This class helps to increase core performance, muscular endurance, balance, and flexibility. It combines resistance and functional training with intense intervals for sculpting effect and will incorporate various props.

**Learn To Stretch:** Most of us do not stretch enough, so this class is a must for everyone! Learn proper and effective stretching techniques to enhance performance.

**Lower Body Sculpt:** Strength Training class focusing on sculpting Abs, Hips, Legs and Butt!

**Push/Pull:** This strength focused work out centers around the natural motions of pushing and pulling. Working the muscle groups that are designed to work efficiently together will build deeply functional strength that you can feel! You will get an intense work out to balance your body upper to lower and front to back! Push and Pull your body to new heights!

**Raise the Bar:** Strength training utilizing the weighted body bars.

**Stability Ball Sculpt:** Strength training on and with the stability ball.

**Strength & Stretch:** Experience the benefits of a muscle-based strengthening class with a longer stretch component. Stretching will help to increase flexibility/joint range of motion, aide in the prevention of injuries, and enhance body awareness and posture.

**Strength on the Mat:** This invigorating style of strength training takes advantage of your body's natural biomechanics to improve strength and endurance. You will learn how to use the principles of your own body to work all major muscle groups, getting the most out of every exercise. A must for those who want to truly train their bodies!

**Upper Body Sculpt:** Strength Training class focusing on Abs Waist, Back, Arms and shoulders!

**Cardio/Strength Fusion:** This 60min class combines Cardio and Strength Training segments for a time maximizing full body workout.

**Zumba® Fitness: “Ditch the workout, Join the party!”**

Zumba (pronounced Zoom-Baah) is a dynamic and exciting Aerobic Interval class based on Latin dance and music flavors. It targets areas such as glutes, legs, arms, abdominals, and the most important muscle in the body, the heart! Zumba is a fun, effective, and simple fitness system that uses the principal of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. The explosive Latin rhythms create a party like atmosphere that deliver results, as well as a "feel happy" workout. Men and women, can and are encouraged to Zumba!

**Other/Specialty Classes**

**Pre and Post Natal Yoga and Pilates:** A variety of options for both the “Mom to be” and the “New mom”. These classes will address the needs of the ever changing pregnant body and the demands pre and post delivery. The emotional well being of the mother is also addressed by creating a supportive environment to meet other new moms and share experiences.

**Belly Dance Fusion:** Belly Dance Fusion (BDF) is a blend of eastern styles of dance including a medley of belly dance styles such as Egyptian, folk and tribal. Classical Indian dance and the very popular Bollywood moves will blend together artistically and energetically. It's a FUN class that will get your heart pumping, your hips shimmying, your bellies and bootys toning and your femininity flowing with gracefulness.

***Pre- Registered: Specialty classes***

***Lifestyle 180 Bootcamp:*** Lifestyle 180\* group program. Make a 180 turn and change your life. 12 week program aimed at weight loss and toning. All levels are welcome as you can challenge yourself. Care calls, measurements, Food journaling/recipes and cardio routine designed for after class. The class is celebrating its third year anniversary. Offered in packages for 1, 2 or 3X week.

***Pilates Bootcamp:*** Intensify your summer work out with the perfect blend of challenging Pilates strength training and fresh summer air- when weather permits. Create long, leaner muscles, further develop that essential core strength and improve your posture! Pilates Boot Camp focuses on perfecting the most challenging pilates exercises. It will include props and elements of cardio for an intense full body workout, maximizing your time while enjoying nature.

***Pilates for Men:*** The workout will consist of a routine focusing on core strength, muscle endurance, coordination, and flexibility, focusing on what men need the most in. Check your ego's at the door lads!

***Pre Registered: Group Reformer and Group Personal Training***

***Group Reformer:*** A challenging workout on the Pilates Reformer equipment. Minimum of 2, maximum of 4 clients. 1 instructor, a small group, cost-effective for optimal results.

***Group Personal Training:*** Semi-Semi private! Groups of 4 participants are led through strength training and cardio circuits on equipment for a cost-effective, tailored, challenging and fun workout! Minimum of 2, maximum of 4 clients, 1 instructor, a small group environment for optimal results.