



**Cardio Combo:** Strengthen and tone with cardio intervals and strength training using hand weights, body weight and other props in this dynamic total body workout! Working at your own pace makes this class a great choice for all skill levels to receive a strength training/cardio workout. ALL LEVELS ARE WELCOME

**Cardio Core:** Burn calories and strengthen your core muscles through a series of high intensity cardiovascular exercises and core exercises! This class includes challenging full body workout movements that targets all major muscle groups while strengthening your core muscles.

**Cardio Dance:** This low impact class with choreographed moves will get your heart rate up while keeping your joints safe. If you love to dance to the beat, this class is for you!

**Circuit w/ Alli:** An interval class with various "stations" of work. (No equipment is shared)

**HITT w/ Alli:** High Intensity Interval training using equipment and body weight exercises.

**Kickbox:** Don't miss out on 55 minutes of intense cardiovascular moves with light weights to strengthen your upper body. Basic kickboxing moves focusing on both upper and lower body. Have fun with jabs, cross, upper cuts and kicks! All fitness levels are welcome.

**Power Up:** "Power Up", for members who are dealing with Parkinson's disease or any other condition that affects mobility. The class will consist of seated cardiovascular exercises, strength and balance exercises, coordination and cognition exercises.

**Samporna Holistic Yoga w/ Preeti:** Unwind and relax physically, mentally as well as spiritually as you start your weekend morning! Energy boosting Sun salutations, gentle stretches (Sukshma Vyayam), various yoga postures (Aasans) that work on the flexibility and strength of your muscles and joints relieving minor aches and pains, calming breathing techniques (Pranayam) and meditation techniques (Dhyan) that ultimately help get rid of any negativity and/or stress built over the weekdays. Rejuvenate completely with holistic yoga and get ready to bounce back with full of positive energy, calm mind, fit body and fresh look out .

**Strength and Balance:** A class for all levels! Focus on strengthening your entire body while incorporating balance, posture and fun! Learn proper techniques and modifications.

**Stretch & Flex:** This 30 minute class will leave you feeling taller, leaner and longer than when you arrived! Participants can sit in chairs or be on the floor. Appropriate for all levels of fitness.

**Yoga w/ Stephen and Stef:** This slow flow-style class allows participants to move through a range of yoga poses ("asana") that strengthen what's weak and lengthen what's tight. Modifications are offered to accommodate all levels of experience. Practiced regularly, yoga builds strength, balance, and focus and helps participants experience greater peace and relaxation.

**Yoga w/ Terri:** Vinyasa Flow: In this class we will move our body mindfully with the breath into a variety of seated, supine, and standing postures. Class is sequenced in a way to help increase flexibility, balance, and strengthen and tone muscles. The use of props is encouraged and modifications are made to accommodate all levels of practitioners.

**Zumba:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.