



REFORMER PILATES

Pilates is a mind-body workout with emphasis on correct posture and positioning, using breath to achieve maximum power and efficiency. Pilates exercises develop a strong "core," center of the body helping to support the spine. Pilates also lengthens and strengthens the muscles of the body, improving muscle elasticity and joint mobility. Your body becomes more balanced from right side to left side, front to back, and top to bottom. The Allegro Reformers are used for the majority of this class, but EXO Chairs, Springboards, and Jumpboards may also be used during this class time.

REFORM & RESTORE

A class designed to bring it back to the basics of the Pilates Method, using a slow paced approach to safely allow all bodies to participate. The focus will be on slowing movements down, modifying movements when needed, learning about the body and how to move it with efficiency in every exercise. Using various pieces of Pilates apparatuses (Reformer, Chair, Springboard) the focus will be on building muscular endurance, core strength, balance, and proper breathing techniques.



CARDIO REFORMER

This class uses Jumpboards to add cardio to our reformer classes.

CHAIR/SPRING WALL

This class focuses on using the EXO Chairs and Springboards for blended strength and balance gains.

BARRE

Barre is a total body conditioning class using the ballet barre, hand weights, resistance bands and various other props. We combine the elements of barre, yoga, and Pilates. The class is driven by fun music and a great burn to tone your body!

YOGA

Yoga Vinyasa Flow is a mixture of meditation, breath work and energizing movement. We begin with gentle movement to warm up the body, then flow into more challenging sequences including standing poses and balances.



TRX

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, with added props and weights for variety in your workouts.

SPIN 45

A 45 minute group indoor cycling class using music as our guide to create a workout that improves cardiovascular endurance and strength with great motivational coaching.

SPIN FUSION

This is a 45 minute total body conditioning class using our indoor bikes with various equipment and exercises to enhance strength and cardiovascular fitness.

ZUMBA®

Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba® routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

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