

Fitness Class Descriptions

Cardio Kick

Cardio Kick is a full body aerobic workout combining self-defense skills and the sport of kickboxing resulting in an incredible fitness experience. Participants will have fun getting into shape and toning their bodies while increasing strength and flexibility.

Jazzercise

The original dance phenomenon! Each 60-minute class offers a blend of jazz dance and exercise science choreographed to today's hottest music, including Top 40, Jazz, Country, Funk, and Classics. Easy-to-follow, fun choreography includes a gentle warm-up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and stretch finale.

Pilates

Pilates exercises teach awareness of breath and alignment of the spine, and strengthen the deep torso muscles; all of which are important to help alleviate and prevent back pain, increasing strength, balance and flexibility.

PIYO

Pilates and Yoga fusion class is a combination of Pilates and Yoga that teach awareness of breath and alignment of the spine, and strengthen the deep torso muscles; all of which are essential in maintaining health, balance and total wellness.

Tai Chi

Tai-Chi is a non-aerobic workout with the mental and physical benefits of meditation. Tai-Chi uses graceful repetitive movements to promote stress reduction, postural balance and relaxation. These movements can be done comfortably in office attire or casual clothes. Beginning students work on the basic moves and advanced students work on refinements of the moves.

Yoga/Prenatal Yoga

Yoga is an ancient practice from the East that integrates mind, body and spirit. As it has emerged in the West, it has become a system of exercises that are practiced to promote control of the body and mind.

It also increases relaxation, strength and flexibility. Employees leave Yoga classes relaxed and refreshed. Participants have reported decreased neck and back pain, increased flexibility, better balance, a sense of calmness, and a general sense of enhanced well-being as a result of attending Yoga classes. Participants will need to wear loose clothing & bring a mat or towel. Please do not eat heavily within one hour prior to the class. A doctor's note is required in order to take the Prenatal Yoga class.

Zumba

Zumba sessions are typically about an hour long and are taught by licensed instructors. This exercise class includes music with fast and slow rhythms. The music comes from the following dance styles that include Salsa, Samba, Merengue, Mambo, Hip-Hop and even Bollywood to name a few. Zumba is a great toning exercise that will target the abs, thighs, arms, and other areas. It can also improve range of motion and posture and even provide you with an opportunity to socialize with friends and family. It is low-impact and is specifically designed to meet the needs of all age groups, exertion and fitness levels.