

## Virtual Fitness Class Descriptions

Our fitness classes offer something for everyone. Each instructor will do their best to provide variations in movements and demonstrate different levels of intensity to ensure that your class is achievable and fun. We strongly encourage you to participate at your own pace.

**Chair Yoga:** This is a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on the chair or the chair is used for support during standing and balance poses.

**Circuit Training:** Develop your strength and aerobic fitness with exercises performed in succession and minimal rest. Your heart rate remains elevated in this high-intensity class.

**Family Yoga:** This Hatha - style class is designed to introduce Yoga and its benefits, both physical and mental, to all participating family members.

**H.I.I.T :** High Intensity Interval Training is one of the best ways to maximize your workout time. A class that involves short intense bursts of exercise followed by active recovery periods so you will burn calories long after your workout.

**Interval Challenge:** Alternates moderate and high intensity bursts of cardio together with strength conditioning for a full body workout.

**Mobil-lates:** A blend of mobility work, Thai yoga, and pilates that will move, lengthen, and stretch your entire body. You will see improved range of motion, balanced muscle activation and decreased muscle soreness.

**Stretch & Strengthen:** This workout uses various types of equipment to focus on coordination, balance, and muscle strength. It finishes with stretching and postural exercises.

**Yoga-Hatha Basic:** Breathe and stretch your way to greater harmony and energy as you reduce stress, align your body, and deepen your inner peace.

**Yoga- Vinyasa:** This class is a dynamic, flowing form of yoga smoothly linking your body movements to your breath. You'll be guided in a series of poses that will move you through the power of inhaling and exhaling.

**Yoga-Yin:** Yin practice targets the connective tissues of the body that normally are not exercised during an active style of asana practice. It allows for the release of myofascial tissue and assists in supporting positive neuroplasticity.

**Yogalates:** Experience the relaxation and toning benefits of this combination class - yoga and pilates - the best of two worlds.



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