



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRY SOMETHING NEW

Mini Session Class Descriptions

August 23 through September 3

AOA Stability Ball **Instructor: Mary Beth**
This fun, interactive Active Older Adult workshop will use stability ball and floor exercises to improve your balance and core strength. Exercises can be modified if necessary. Please wear exercise shoes.

Body Core **Instructor: Jessica**
This class is one intense cardio workout that combines kickboxing, strength training, and core work to condition the body. The second half of class focuses solely on your mid-section, so if you've ever dreamed of washboard abs accept the challenge and come to Body Core!

BOSU Workshop **Instructor: Marie**
Add variety to your workout by using the BOSU ball. Your favorite exercises will become more challenging with this fun piece of exercise equipment.

Cardio Karate **Instructor: Morris**
A class that emphasizes martial arts moves in a vigorous choreographed workout

Complete Conditioning **Instructor: Amy**
Complete conditioning combines resistance and cardio in a non-stop workout. With the use of medicine balls, jump ropes, free weights and various bike and track cardio drills, participants can expect to reach a new level of physical fitness.

Great Arms **Instructor: Bridget**
Firm and tone your arms and shoulders in this 30 minute workout. Using your body weight, dumbbells, and tubing you'll get the arms of your dreams and everyone will be saying "you have great arms!"

GYROKINESIS® **Instructor: Wendy**
GYROKINESIS® is an exercise system that increases the mobility of the joints and creates balance and equilibrium. Work your entire body through a series of movements performed seated and on mats on the floor using many key principles from yoga, dance, gymnastics and Tai-chi.

Pilates Principles **Instructor: Wendy**
Learn the five Stott Pilates Basic Principles as well the preparatory exercises for spinal flexion and extension and the four exercises that form the Abdominal Series. Participants will leave with a better understanding of muscle control as well as how these principles contribute to a more effective workout.

Power Lunch **Instructor: Marie**
Make the most of your lunch hour with this 45 minute conditioning class. Strengthen and sculpt your muscles using bands, balls, and free weights.

Power Mat **Instructor: Wendy**
This 45-minute class will get your morning moving! Traditional Pilates mat-work will be intensified through faster pacing or increased repetitions, as well as through the addition of fitness circles, foam rollers, flex bands and light hand weights.

Punk Rope **Instructor: Marie**
A playful mash-up of recess and boot camp, which blends creative calisthenics, group drills, relay races, rope jumping, and core training.

Stretch and Tone **Instructor: Wendy**
Enjoy a workout that emphasizes flexibility and core strengthening.

Studio Cycling **Instructor: Various**
Studio Cycling is an invigorating, low- impact workout in which intensity can be individualized. If you like the group exercise approach, enjoy indoor cycling, and prefer easy-to-follow, low impact exercise, and the ability to determine your own intensity level, then this is the class for you.

Vinyasa Yoga **Instructors: Rachel or Caitie**
Vinyasa yoga is a rhythmic, flowing, and dynamic practice that includes attention to detail and is structured around building mindfulness into ones yoga practice. Class will emphasize sun salutations, standing postures, and introduction to some seated postures and back bends.

Zumba **Instructor: Jane**
This class fuses Latin rhythms and easy to follow moves to create a dynamic fitness program. The routines feature interval training, using fast and slow rhythms to tone your body while burning fat.

- A single **\$10 registration fee** (\$65 for non-members) gets you into all classes (register online or at the member desk), or you can pay a **\$5 drop in fee** (\$15 for non-members) for single classes.
- Attendance will be taken at all classes, so please bring your receipt to the instructor if you are dropping in.