Free Fitness Week Class June 11-15, 2018:

Descriptions

**Aqua Fitness** (HIP): A full-body workout in the pool while utilizing the low-impact properties of water. No swimming experience necessary, just comfortable being in the water.

**Barre Fusion** (Rec): This yoga- and pilates-inflected take on barre is designed to combine the intense glute work barre is known for with core exercises designed to challenge every level. We begin with exercises for arms, core, and back on the mat and then proceed to work out those legs with exercises originally designed for ballet. No actual dancing involved, so don’t worry if you’ve never seen a ballet barre before!

**Barre Sculpt** (Rec): This class works all muscle groups in 50 minutes. Using barre-inspired exercises you will strengthen and lengthen your muscles, increase your flexibility, and improve your balance. Please bring a yoga mat to class.

**Boxing** (Rec): Learn basic boxing fundamentals and techniques while at the same time improving your conditioning through high-intensity interval training, plyometrics and body weight exercises. *Boxing gloves are required for this class (16 oz. preferred); gloves are not provided.*

**Build & Burn Bootcamp** (Rec): This is a 50-minute high-intensity class that alternates intervals of cardio and strength training in choreographed routines set to music. No equipment is needed. (Because of the high-intensity nature of the class, athletic shoes are required and it is strongly advised that you arrive promptly for the full warm up.)

**Cardio Dance** (Rec): Combines traditional aerobic routines with dance-based choreography including swing, salsa, hip-hop, modern, African and Jazz. No experience necessary; just a love of movement and upbeat music!

**Cardio Kickboxing** (Rec): Punch and kick your way to an improved fitness level. Use jabs, crosses, round kicks and other movement patterns to create safe and effective combos.

**F45** (Rec): A combination of High-Intensity Interval Training (HIIT), Circuit Training, and Functional Training in a team environment. Interval, cardiovascular and strength training have been proven to be an effective method for burning fat and building lean muscle. All in 45 minutes! The Stanford F45 format schedule will always follow the world schedule pattern: Monday/Wednesday/Friday – cardio based training & Tuesday/Thursday – resistance based training.

**Healthy Back** (HIP): A combination of stretches and focused strengthening exercises with a focus on developing and maintaining strong mid-section and
healthy back.

**Hula Dance** (HIP): A low–impact form of dance that helps trim the waistline, strengthen the back, and improve strength, flexibility, and balance.

**Indoor Cycling** (Rec): All levels and abilities welcome. Instructors motivate participants through jumps, hill climbs, intervals and flat roads for a fantastic cardio workout. Fun, upbeat music keeps you motivated and makes class fun!

**Mat Pilates** (Rec): This mat-based workout is designed to help participants develop long, lean muscles, gain core strength and stability, and increase mind-body awareness. Various props may be utilized.

**Pre/Post-Natal Cardio Strength** (Rec): Motherhood is a huge life transition! Our experienced instructors create a safe, supportive, nurturing environment to empower women through this transformative experience while also providing the opportunity to connect with other mothers. The pace of our classes accommodates the needs of all pre-and post-natal mothers. Quarterly program fee allows access to both classes.

**Regeneration** (Rec): In this class you’ll be guided through techniques using self-massage therapy that will release tight muscles, increase joint range of motion, reduce the risk of overuse injuries, and more. You will utilize tools such as foam rollers, therapy balls, and yoga straps that will leave you feeling great and rejuvenated.

**Total Body Workout** (Rec): Challenge your body with a combination of cardio and strength movement patterns, high-intensity intervals and Tabata training. This class is perfect for anyone trying to improve their fitness and health. Beginners can work at their own levels and intermediate and advanced students will be pushed to their limit by this full-body workout.

**Unwind & Thrive Yoga** (HIP): Class includes flow yoga, standing and seated poses, gentle stretches and balancing exercises.

**Vinyasa Yoga** (Rec): This yoga flow class moves through sun salutations, standing poses, balance poses, and seated stretches to get blood and energy moving throughout the body. We work on full-body strength and flexibility and focus on connecting movements to the breath. The class is open to all levels and offers modifications.

**Yoga 4 Runners** (HIP): Learn to move, breathe and focus in ways that significantly enhance performance, decrease soreness, reduce the chance of injury, and speed recovery.
**Yoga/Pilates** (HIP): This class blends the elegant precision of Pilates with the dynamic flow of yoga. Develop core strength, tone muscles, improve balance and flexibility.