

## Free Fitness Week Class descriptions September 5-14, 2018:

**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 Sculpt** (Rec): 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.*

**Bombay Jam** (HIP): High energy, fast-paced, Bollywood dance fitness cardio and toning workout packed with authentic flavor.

**Boot Camp** (HIP): High-intensity full-body muscle workout. Squats, lunges, pushups and crunches. Cardio and strength activities done in a Boot Camp style.

**Build & Burn Bootcamp** (Rec): 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 Kickboxing** (HIP & 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.

**Cardio Strength** (Rec): A high-energy Cardio dance class mixed with strength training intervals. Free weights and exercise bands are used in this class to provide a fun and effective workout.

**Chen Family Tai Chi** (HIP): Features the benefits of taijiquan and qigong, including improved health, muscle strength, balance and reduced stress.

**Cross Training** (HIP): Features a variety of activities, including cardio-interval training, muscle conditioning and stretching.

**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.

**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.

**Pilates Plus** (Rec): Traditional Pilates mat exercises plus a variety of props used to further lengthen, strengthen and challenge your muscles. Rings, rollers, light weights, balls, and bands are incorporated into the class, in addition to balance work, stretching, and tips to develop better posture.

**Regeneration** (Rec): In this class you will 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.

**Soul Line Dance** (HIP): A beginner's class for anyone wanting to learn "classic and basic" soul line dances such as the Electric Slide, Cupid Shuffle and Wobble.

**Total Body Workout** (Rec): Challenge your body with a combination of cardio and strength movement patterns, high-intensity intervals and Tabata training. 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.

**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.

**Yogalates** (Rec): Designed for people who want a vigorous yoga practice and those seeking an expanded Pilates practice. The timeless traditions of yoga blend seamlessly with postural strength and balance practices of the Pilates Method to create peaceful alignment in your body, better posture, increased energy and good health.

**Yoga w/ Alignment** (HIP): Alignment before action brings greater stability, safety and freedom. Yoga movements are coordinated with the breath and designed to improve posture and alignment.