Free Fitness Week Class descriptions
March 18 - 22, 2019

**Aqua Yoga** (Rec): A compliment to any fitness routine, this low-impact, pool-based class teaches yoga poses and breathing techniques to aid in improving strength, balance and range of motion.

**Ballet & Barre** (HIP): If you love classical ballet technique and working with a ballet barre then this class is for you. Each class will include a 15-minute warmup, 30 minutes of choreographed barre work and short ballet and modern dance choreographies. Wear ballet canvas shoes and comfortable dancing clothes. No previous ballet experience necessary but a good fitness level is recommended.

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

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

**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 Kickbox** (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.

**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.

**HAABIT** (HIP): Full-body conditioning workout for both men and women designed to enhance muscle definition, balance, strength and endurance in major muscle groups. Focus on Hips, Abs, Arms, Buttocks and Incredible Thighs.

**Hatha Yoga with 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.

**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.
Power Yoga (Rec): This is a powerful, energetic form of yoga where students move fluidly from one posture to the next while connecting their breath to their movements. It incorporates strength, flexibility, balance, and both physical and mental stamina. The class is open to all levels offering modifications and the opportunity to try on inversions.

Running Made Easy (HIP) Runners and walk/runners welcome! Beginning runners, walk/runners, intermediate and advanced runners all welcome! Learn proper running form to prevent running related injuries and improve efficiency while you run. Included is 8-10 minutes of warm up, a 30-35-minute run focusing on form, tempo and a 5-10-minute cool down.

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.

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 Basics (HIP): This yoga class will give you the solid foundation for a safe and fun (yet rigorous) yoga practice. You’ll learn a sequence of postures that will strengthen the entire body, increase the range of motion, and expand the capacity of your lungs. You will walk, sit, stand and sleep with more ease. For all fitness levels. Wear comfortable clothing.