

## 2015 Aerobic Class Descriptions

### **Zumba**

Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. We will be add a bit of Zumba Core which is strengthening core muscles to enhance balance and stability, and improves posture and alignment to help amp up your every move.

**Angie McConnell – Monday and Wednesday 9am and Friday 8:15am**

### **Strength and Flexibility**

This class is designed to increase flexibility and muscle strength as well as to enhance performance in your favorite sport. We will use a combination of isometric exercises (your own body weight against an immovable structure), core exercises, balancing exercises, and resistance exercises. We will then use stretching exercises to increase blood flow to the muscles for faster recovery and to increase flexibility and range of motion.

**Cesar Miguel – Tuesday, Thursday, and Saturday 8am**

### **Gentle Yoga**

Cesar and Tania teach flexibility, strength, alignment of your body with slow flow sequences linked with proper breathing techniques. This format is perfect for those who have never taken a yoga class before and for those experienced in yoga but would like to deepen their practice. Yoga is great for re-energizing your body and relaxing your mind. **This class is designed for those that are new to yoga or have little experience.**

**Tania Melkonian – Wednesday 8am and Friday 10:30am**      **Cesar Miguel - Thursday 9:15am**

### **Yogalates**

A combination of multiple exercises designed to stretch and lengthen the muscles, improve posture, increase flexibility, body awareness, concentration, control, precision and endurance.

Having a strong core is one of the biggest benefits of practicing Pilates, exercises can be modified from a beginner to an advanced level.

Intensity can be increased over time as the body conditions and adapts to the exercises

**Cesar Miguel – Wednesday 10:30am**

### **Yoga Flow – (Intermediate to Advanced Level)**

A well balanced combination of yoga postures designed to increase flexibility, strength and balance, with emphasis on alignment as you flow through different combinations. Designed for a more advanced level, focusing on fine tuning your skills in a more challenging approach,

**Cesar Miguel – Monday 8am and Saturday 9:00am**

### Aqua Fit

Amy uses a specialized interval training technique to encourage & motivate her participants in challenging themselves to push hard and rest whenever needed. This rest-based interval training technique is designed for all levels of fitness and allows participants to work within their fitness level. And best of all, this technique will burn body fat, increase muscle strength while tightening and toning the muscles, and improve balance and function.

**Amy Batuk – Monday and Wednesday 10am and Friday 11:30a (Fridays are changing to 10:30 beginning 2/6/2015)**

### Spinning

This is a 50 minute group fitness class with a five minute cool down. It is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting. This class is for all ages and fitness levels.

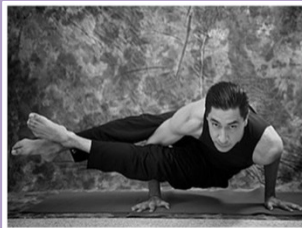
**Amy Batuk – Monday/Wednesday 9am, Wednesday 3pm, and (Friday 9:15am beginning 2/6/2015)**

**Taylor Morgan – Tuesday/Thursday 5pm**

Angie



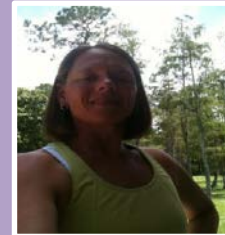
Cesar



Tania



Amy



Taylor

