

Balance & Strength (1) Train the muscles you need to improve your balance and increase core strength.

Bender Barre (2,3) Uses the barre and a variety of equipment in a body-sculpting circuit.

Boot Camp (2,3) Total body workout improves strength and cardiovascular fitness using interval training. Challenges all major muscle groups.

BOSU Balance & Strength (2,3) Use the BOSU ball to increase strength and improve balance. Challenges all major muscle groups.

Cardio YoPi (2,3) Yoga and Pilates combined with light cardio improves flexibility, core strength, increases cardiovascular endurance. *Gym shoes recommended.

Cardio & Weights (2,3) A little cardio mixed with weights to challenge all fitness parameters

H.I.I.T. (2,3) High Intensity Interval Training focusing on functional compound movements for full body training.

Power Pump (2,3) Uses hand weights and body bars to tone and strengthen major muscle groups including the abs.

Stretch & Balance (1) Flexibility and strength exercises using the barre and chairs for balance

Tabata (2,3) High intensity interval workout. Exercises change every four minutes.

Total Body (2) Intense muscular endurance exercises utilizing a variety of equipment.

Zumba (2,3) Low and high intensity dance fitness choreographed to Latin-inspired music.

Zumba Gold (1,2) Zumba modified for baby boomers and older participants.

MIND BODY – Pilates, Tai Chi, Yoga

***Basic Pilates (Reformer)** A complete Pilates workout for beginner students and for people with health/mobility concerns.

***Pilates Reformer (all levels)** Exercises on the reformer machine promote length, strength, flexibility and balance.

***Reformer Trapeze (1,2)** Reformer using tower and trapeze. Prior Reformer experience required.

***Reformer Trapeze (2,3)** Advanced Pilates reformer with trapeze and tower.

Tai Chi (all levels) Easy to learn basic moves to improve balance and reduce the risk of falling.

Yoga Levels

Yoga 1 Gentle yoga for beginners, but all levels welcome. Classes include Chair, Gentle Hatha, Hatha/Yin, Easy Yoga & Meditation, Yoga Flow Stretch.

Yoga 2 Intermediate poses and sequences. Classes include Ashtanga, Hatha, Hatha/Yin, Power Yoga, Yin Yang.

Yoga 3 Advanced variations of poses. Classes include Ashtanga, Hatha, Yin Yang, Power Yoga.

Chair Yoga (all levels) Gentle yoga done mostly from a seated position. Benefits of traditional yoga including improved musculoskeletal fitness and flexibility, and a sense of well-being.

Easy Yoga & Meditation (all levels) Gentle yoga for strength and range of motion. Rejuvenating meditation at the end of class.

Gentle Hatha (all levels) Slow and relaxed movements.

Hatha (2,3) Yoga postures and breathing. Poses flow from standing to seated and combine breath work to enhance the mind-body connection.

Hatha/Yin (all levels) Poses are held longer to benefit tight muscles. Seated poses & breath work combine to increase the mind body-connection.

Power Yoga (2,3) Vigorous poses and movements.

Yin Yang (2,3) Quiet yoga with poses that become more energizing and uplifting.

Yoga Flow Stretch (1,2) Gentle yoga poses combined with stretching.

All classes are subject to change
***Fee Based: Pilates Reformer/Trapeze**
Group Fitness Department (513) 246 2645
Pavilion Front Desk (513) 985-0900