



## **Scheduled Fitness Class & HIIT TO FIT™ Drop-in Circuit Descriptions:**

**HIIT TO FIT™ drop-in Circuit (30-60 min):** HIIT or high intensity interval training is the **BEST way to lost fat & get fit...fast!** It's a well know "secret" with fitness trainers that short bursts of higher intensity exercise WORKS to get RESULTS. The HIIT TO FIT™ Circuit combines cardio training, strength training, core training, and functional training, in timed intervals...to get you fit. Drop-in anytime during the circuit hours – choose 30-60 minute of training. Replaces scheduled classes that don't always "fit" your schedule & eliminates missed classes. Lose weight, fat, inches...fast!

**Bootcamp (60-min):** **No outdoor, military style training here...**only fun, high-energy, fat burning, body shaping exercises. A challenging full body workout, increasing cardio fitness, sculpting and strengthening the muscles, burning body fat, all while using a variety of equipment and training techniques.

**Mat Pilates (60-min):** the focus of Pilates is proper breathing, strengthening the core muscles (abdominals and back), improving flexibility, stability and balance, lengthening the spine and improving posture. Participants are taken through a series of exercises using body weight, bands and balls for a full body workout.

**Hatha Yoga (60-min):** Hatha is the classical approach to Yoga that emphasizes physical posture and alignment while focusing on breath awareness. This system energizes the mind, body, and spirit. Classes vary from week-week offering a combination of relaxing, rejuvenating poses aimed at increasing flexibility and strength while relieving tension and stress in the body. You will leave feeling centered and aware.

**Candlelight Yoga – Hatha (1.25 hours):** class incorporates slow movements with soft openings and mind-body awareness into a slow, meditative, calming practice. The room is dimly lit by candlelight and the sounds of soft music. The perfect way to sooth, relax and de-stress from the week.

**S T R E T C H (60-min):** An important aspect of a healthy body & so often neglected or done incorrectly. Learn the proper way to stretch the body's muscles, improve functionality, posture, flexibility, range of motion around joints, increase blood & nutrient flow, correct postural & muscular imbalances & decrease risk of injury. Join us to relax, decrease stress and feel leave feeling energized.

**Zumba (60-min):** an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™. Featuring exotic rhythms set to high-energy Latin beats. Get fit, increase energy and have fun. There's no other fitness class like a Zumba Fitness-Party.

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