

GROUP FITNESS

CARDIO/CORE CLASSES

Our classes are for Every Body. Please don't feel like you are not in good enough shape to come to class! You don't have to be great to start – you just have to start to be great! The only bad workout is the one you didn't do!

101 Classes – Each month on a Saturday we have a Yoga 101 and Strength Training 101. These classes are great for someone who is new to this type of activity, may be returning to the activity after a break and needs a refresher or may be returning to class after an illness or injury. You will not only be shown the basics but how to modify for your body as it is this day – not 10 years ago or how you wish you were today!

CardioCore - Cardio with a Core focus. Different types of Cardio - it could be step, Intervals, H.I.I.T. - whatever it is - you will be given modifications to make it easier on your body!

CardioMix – You'll never believe it – A mix of different cardio!

Customized Small Group Class – If you have a small group of people and would like to have a customized class (afternoon is best for this) – we would like to make this happen for you! Email nancy.triscuit@cranberrytownship.org

Fitness-Lite – Low impact class providing a good cardiovascular and/or strength workout with a minimum amount of wear and tear on the body! Modifications given for all exercises. Balance work included.

Group Barbell – As you age, you lose muscle mass, increase fat mass, your bones get brittle. This class will help burn fat and increase lean muscle mass, bone mineral density and metabolism. You will sculpt and strengthen your entire body by using low weight and high repetitions. Participants may use a barbell, dumbbells or no weight at all. All fitness levels will be accommodated.

Intervals – 45-60 minute format alternating different cardio or sculpt segments.

Mash Up Mania – Anything goes in this class from Zumba to strength training, step and more!

Sculpt 360 - As you age, you lose muscle mass, increase fat mass, your bones get brittle. This class will help burn fat and increase lean muscle mass, bone mineral density and metabolism. You will sculpt and strengthen your entire body by using weights, bands, barbells, kettlebells and more! Participants may use a barbell, dumbbells or no weight at all. All fitness levels will be accommodated.

Strength Training - As you age, you lose muscle mass, increase fat mass, your bones get brittle. This class will help burn fat and increase lean muscle mass, bone mineral density and metabolism. You will sculpt and strengthen your entire body by using weights, bands, kettlebells and more! Participants may use a barbell, dumbbells or no weight at all. All fitness levels will be accommodated.

Zumba – You say you have no rhythm? You say you can't dance? Well, all that matters is that you move to the fusion of Latin and International music. Our Zumba instructors all have different styles with one thing in common – PASSION!

Zumba-Lite – You say you have no rhythm? You say you can't dance? Well, all that matters is that you move to the fusion of Latin and International music. This class breaks down the moves and makes it easy to follow!

Zumba Toning – Less dance and more weights!

MIND/BODY

Afternoon Yoga Flow - Vinyasa style flow class with an emphasis on modifications for those who may need them!

Chair Yoga – This class is done sitting in or standing next to a chair. You'll get a great stretch and work on balance too!

Gentle Yoga This class is appropriate for all students seeking the benefits of a very relaxing, gentle, and nourishing practice. The combination of gentle hatha and deep restorative work improves range of motion and joint mobility while reducing pain and the effects of stress. Students with injuries, arthritis, or other chronic conditions are welcome in these classes. Practitioners with limitations related to age or size as well as students with a more vigorous yoga practice will benefit from this practice. No prior yoga experience required.

Hatha Yoga/Hatha Yoga and Core – A more relaxed pace yoga practice that integrates breathwork with deliberate muscle awareness. No flow yoga. For the Hatha and Core – we add core work too.

Pilates – Pilates is helpful in preventing and rehabilitating from injuries, improving posture and increasing flexibility, circulation and balance. You will establish core strength and stability. Props such as light weights, small balls and stability balls and gliding discs may be added to add variety. We also do a weekly roll out with the Yoga TuneUp Therapy balls.

R&R Yoga (Rejuvenate and Restore Yoga) - This is a Gentle Yoga class with no flow but we will still strengthen and stretch our muscles. We will also be using the Yoga Tune Up Therapy Balls to get into your tight spaces and just feel better! Come and join us!

Strong Flow Yoga – Energetic, vinyasa style flow emphasizing continuous movement with the breath.

Sunday Yoga Flow - A 75-minute Flow class. We start slow, build our flows and have a lot of time on the floor. Lots of modifications will be given! Previous experience helpful but anyone can do this class.

Yoga Flow – Vinyasa style flow class with an emphasis on modifications for those who may need them!

Yoga-Lite – Gentle yoga class. Props may be used. Balance work included.

Yoga Sculpt - Yoga with a little twist – yoga-inspired sculpting moves (you have the option of using light weights)

Yoga with H.I.I.T. – High energy Yoga class. Helps to de-escalate stress while promoting weight loss and toning. Some Yoga experience would be helpful but not necessary! Light weights will be incorporated. Bring a mat - we have a limited supply.

