

onehealthclubs

group fitness class descriptions

ALL LEVELS YOGA: In this practice students will cultivate self-awareness by turning inward. The postures will be flowing, slow and gentle, encouraging breath and exploration within each pose. Instruction will promote step-by-step movement into and out each pose making this practice accessible to the beginner. Meditation and breath work will be a part of each class.

YOGA FLOW: This method uses a powerful flowing practice that involves synchronizing breath and movement through a progressive series of postures. This process produces intense internal heat and a purifying sweat that detoxifies muscles, organs and nervous system. This class is an Ashtanga based Vinyasa flow practice (some refer to it as Power Yoga) which includes a set series of poses. Prior experience with Yoga and the sun salutations are recommended as this is an intermediate class, however all levels are welcome.

HATHA YOGA: A gentle Yoga class for beginners that is designed to cultivate the fundamentals of a yoga practice. The focus of this class will be on breathing, correct alignment of postures, and relaxation. Hatha Yoga brings balance, strength, and a sense of well-being to the practitioner. The holding of postures and progression of postures from supine and seated to standing and balance postures, hip openers and spinal twists ending in meditation and savasana. This class will be good for beginners and Level 1. Level 2 Hatha classes and Mixed Hatha are offered for more experienced students and will incorporate the sun salutations.

PILATES: With a focus on controlled movements and regulated breathing, this flowing repertoire of core strengthening and stabilizing exercises will get you firm, fit, and flexible. Learn how to condition deep abdominal muscles, establish core stability, and enhance balance and coordination.

ZUMBA: This is a fun, high energy fitness program that features motivating Latin music. Participants will dance away their worries in a dynamic and effective class that mixes aerobic dance moves, interval training and body sculpting movements that tone the entire body. No previous dance experience is necessary!

ATHLETIC/MUSCLE CONDITIONING: This class is a DYNAMIC, military-functional type class focusing on cardio, core, stability, functional strength and body weight exercises. Included are things like running, jumping, drills, timed circuits push-ups, bench usage, props and plyometrics. This class targets different several fitness levels, however is geared towards intermediate and advanced participants including athletes. This class keeps your heart rate elevated in your optimum training zone and allows clients to train for specific sports or activities while burning calories and increasing strength.

STRENGTH CORE CIRCUITS: This is a challenging interval class that incorporates high intensity cardio, functional muscle conditioning and plyometric drills. Much of the training will compliment athletes and fitness enthusiasts involved in various sports, making you stronger, faster and improving your aerobic capacity. The class is geared to intermediate and advanced participants but can be modified for beginners.

BODY SCULPT/BODY CORE SCULPT and SCULPT WITH KBELLS: This class is a great work-out that tones and strengthens the whole body as you perform functional movement, training many muscle groups at once, with an emphasis on good posture and proper form. It is an active class that will also get your heart rate up, allowing you to burn calories as you build muscle mass. Thursday mornings we offer Body Sculpt with Kettlebells. This class features stability balls, discs, gliders and kettlebells for an even deeper challenge. Beginner, intermediate and advanced options will be given.

BALL BLAST: Ball Blast is a full body sculpting workout that will challenge your balance and stability while developing long lean muscles. A variety of equipment is utilized with the stability ball being incorporated through. Exercise options are offered so all levels are welcome!

H.I.I.T.: This effective method includes intervals training with plyometrics and conditioning segments which are extremely effective for transforming your physique. By incorporating intense periods of work with short recovery segments, intervals allow you to keep the workout intensity high while still maintaining form. The magic of High Intensity Interval Training (or HIIT for short) lies its ability to keep you burning fat even after you leave the gym.

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SPINNING: Find the road warrior in you in this challenging cardiovascular workout. Improve riding performance in a safe environment with the motivating guidance of your experienced instructor. Expect a good warm up followed by interval training, hill climbing sprints and a relaxing cool down and stretch. Let the music take you away in this journey, developing endurance, strength and stamina increasing your hourly caloric burn through the day.

PILATES: With a focus on controlled movements and regulated breathing, this flowing repertoire of core strengthening and stabilizing exercises will get you firm, fit, and flexible. Learn how to condition deep abdominal muscles, establish core stability, and enhance balance and coordination.

CORE AND STRENGTH: Get more functionally strong for everyday life through natural body movements. Join us for a variety of balance exercises to target your core and strength training for all levels of fitness. Various types of equipment may be used and all levels of participant are welcome!

AQUA SHALLOW: This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

AQUA DEEP/SHALLOW COMBO: An “all exercise” workout to music. Mid-pool, deep and shallow water used.

RESTORATIVE STRENGTH AND BALANCE: “You are how you move.” And you can restore your body with movement-based lifestyle changes that trigger a cascade of nourishing biomechanical benefits. Join Diane for this Pilates and gentle strength inspired class with props and light equipment in our main studio. All Levels welcome!