

# onehealthclubs

## group fitness class descriptions

### Yoga Studio

**WARM YOGA CLASSES:** 75 degrees

**HOT YOGA CLASSES:** 85 degrees

**\*All Yoga & Mat Pilates classes require you to bring your own mat\***

**YOGA: ALL LEVELS:** In this practice postures will be slow and gentle, encouraging breath, exploration, and strength within each pose. Instruction will promote step-by-step movement into and out each pose making this practice accessible to the beginner.

**YOGA STRETCH:** Unwind and lengthen in this yoga practice that focuses on gentle, full-body stretches that are great for beginners and also the advanced yogi who wants to work towards depending their poses.

**YOGA FLOW:** Move with intention and breath in this faster-paced yoga practice that will flow through a progressive series of postures. This class is a blend of Vinyasa and the traditional Ashtanga practice designed to tone, stretch, and strengthen. This class is offered for all levels as well as intermediate and advanced where previous yoga experience is recommended.

**POWER FLOW:** Pick up the tempo in this energetic practice that will have you flowing quickly through a series of postures designed to improve endurance and strength. This class is offered in the intermediate and advanced level. Previous yoga experience is recommended.

**HATHA FLOW:** A gentle class for beginners that is designed to cultivate the fundamentals of a yoga practice: breathing, correct alignment of postures, and relaxation. Hatha Yoga brings balance, strength, and a sense of well-being to the practitioner. This class is great for beginners.

**RESTORATIVE YOGA:** Relieve stress and fatigue while focusing on breathing deeply and gently stretching with the use of blocks & straps. This practice of deep relaxation emphasizes the meditative aspect of yoga—the union of body and mind.

**YIN & CALM:** Calm the mind, body, and soul in this 60-min practice that uses long, deep stretches to enhance joint mobility, circulation, and flexibility. The ultimate rest and relaxation for all levels.

**YOGALATES:** This class incorporates a combination of the gentle stretch of yoga and the core-building strength of Pilates in a heated room. It is a dynamic practice focusing on functional movement and entire body wellness.

**BARRE:** Dynamic, low-impact workout blending ballet, Pilates, yoga, and strength training. Ideal for all fitness levels, experience the power of isometric movements to build total body strength.

**MAT PILATES AND STRETCH:** Get a beautiful blend of Pilates techniques and mobility/stretching exercises designed to tighten and lengthen the whole body. Using your breath, concentration and a carefully structured series this workout brings a balance to the body.

**MAT 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.

### Group Fitness Studio

**TOTAL BODY/MUSCLE CONDITIONING:** This class is a high-energy cardio, core, and strength training workout that is guaranteed to keep your heart rate elevated in your optimum training zone burning calories, improving endurance, and increasing strength.

**BODYSULPT:** Dynamic full-body toning for all levels. Tailored options for beginners, intermediates, and advanced participants ensure a comprehensive Strength-building, heart pumping workout.

**BALL BLAST:** 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 throughout.

**BOOTY BOOTCAMP:** Build, burn, and fire up those glutes in this 60-minute workout designed to strengthen the lower body. Get bootylicious while using weights, booty bands, and body weight exercises that will have you sweating and feeling great!

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**CARDIO JAM:** Rhythmic fitness/dance session that blends exciting club music, world rhythms, and easy-to follow choreography. No dance experience necessary – just come and have fun!

**GENTLE STRENGTH:** A slower paced, full body, strength focused workout for all ages and fitness levels. Breakdown each exercise and move slowly to perfect form and build a stronger foundation for progressing your strength training workouts.

**H.I.I.T.:** This effective method includes interval training with plyometrics and conditioning segments which are extremely effective to taking your workout to the next level. By incorporating intense periods of work with short recovery segments, intervals allow you to keep the workout intensity high while still maintaining form.

**KETTLEBELL SCULPT:** Challenge your core and balance in this full-body strength and conditioning class that uses the kettlebell for compound movements that are designed to get the heart racing and the sweat pouring.

**ZUMBA:** High-energy dance with motivating Latin music. This fun and dynamic program combines aerobic dance moves, interval training, and body sculpting. No dance experience required!

### Cycling Studio

**RIDE THE BEAT:** Get lost in the music with this high-energy, fun and effective workout that incorporates indoor cycling techniques with easy-to-follow choreography. Time flies when you ride to the beat. \*immersive screen and lighting will be used and could trigger those with epilepsy or other conditions sensitive to light\* No cycle shoes are needed as our state-of-the-art technogym bikes come with both foot cage and Shimano SPD pedals.

**POWER RIDE:** Stay in it to win it with this performance focused ride class. Race through adapted challenges that highlight key workout metrics to always keep you in your training zone. \*Immersive screen and lighting will be used and could trigger those with epilepsy or other conditions sensitive to light\* No cycle shoes are needed as our state-of-the-art Technogym bikes come with both foot cage and Shimano SPD pedals.

### Pool

**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 joints.

**AQUA DEEP/SHALLOW COMBO:** Mid-pool, deep and shallow waters are used while incorporating all the benefits of Aqua Shallow.

### Pilates Reformer Classes (Diamond Access only):

**REFORMER 101:** Practice the Basics and learn the Principles of Pilates Reformer in our Reformer 101 class. Perfect for newcomers, we'll guide you through foundational techniques and classic exercises, fostering confidence at your own pace. Whether you're new to Reformer work or a seasoned practitioner, this class caters to all levels. Leave equipped to seamlessly join any Pilates Reformer class.

**REFORMER FUNDAMENTALS:** Join us for a deep dive into core stability and full-body strength in our Reformer Fundamentals class. All experience levels are welcome as we harness the power of the Reformer for targeted exercises, ensuring every movement is supported with the right level of challenge and intensity.

**REFORMER FLOW:** Experience the fusion of classical Pilates and contemporary fitness in our Signature Reformer Flow class. Focus on core stability, full-body mobility, and enhanced mind-body connection through balanced movements and coordination exercises. Whether you're a beginner or seasoned practitioner, come flow with us using the Reformer and other accessories.

**HIIP (HIGH INTENSITY INTERVAL PILATES):** Energize and Elevate your workout with HIIP, using Pilates principles and high-intensity interval training. Perfect for those with some experience, this heart-pumping class intensifies your Pilates practice with fast-paced movements on the Reformer with various accessories. Expect a total-body workout tailored to meet your fitness goals.