

**Stonebriar Fitness
Center Hours:**

Tuesday – Saturday, 6 a.m. – 9 p.m.
Sunday, 7 a.m. – 8 p.m.

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GROUP FITNESS

CLASS DESCRIPTIONS

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A.O.A. Cardio

A low-impact workout with a variety of exercises designed for Active Older Adults. Increase your cardiovascular stamina as well as your muscular strength and range of motion to help you in your daily activities.

A.O.A. Strength Intervals

This class is designed to build strength and tone muscle groups through interval style training for Active Older Adults.

AquaFIT and A.O.A AquaFIT

A low impact, high-energy workout at Stonebriar Pool that incorporates cardio, flexibility and strength both in and out of the water. A.O.A. class designed for Active Older Adults.

Beginner YOGA

An introductory class on yoga that presents the fundamental principles of alignment and breath work. A verbal description and demonstration of different yoga postures with an emphasis on participant understanding, safety, and stability within each pose.

Boot Camp

Our Boot Camp class is designed for ALL age groups and is intended to start your morning with a well-rounded full-body workout.

Cycle

A fully dynamic cycle class that will push you to the limits using varied intervals that will help develop cardio conditioning and your overall functional strength.

Kundalini Fusion (Yoga)

Get ready to transform your mind, body, and spirit. This yoga fusion class offers a blend of kundalini kriyas (a series of purification exercises) and chakras (energy centering) for a transformative experience. All levels are welcome.

POWER Circuit

A fun and fast-moving circuit class that incorporates full-body strength and cardio exercises.