

FITNESS



CLASS DESCRIPTIONS

WATER AEROBICS Use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. You will need water wights & a noodle.

WATER BOOT CAMP Not for the beginner! High Intensity! You will need water weights & a noodle.

STRONG FLOW YOGA In this active Vinyasa class, we will move with the breath; building the strength, flexibility, balance and mental focus to move towards more challenging poses. Yoga experience recommended.

ALL LEVELS YOGA Move from pose to pose, working to stretch, strengthen, and balance the body and mind. Great for active beginners or those with yoga experience.

BASICS YOGA This is the class to begin or to personalize your practice. Learn the basics of yoga and how to modify each pose to your body. Appropriate for any level.

ZUMBA GOLD A less intense interval training program, alternating fast and slow rhythms, and resistance training.

ZUMBA A fitness program that combines Latin & international music with DANCE moves incorporating interval training, alternating fast and slow rhythms, and resistance training.

WOMENS MASTERS Women's Fitness Class! Light weights, coordination, balance.

THE MASTERS Men's Fitness Class! Light weights, coordination, balance.

CARDIO CORE Higher Intensity! Not for the beginner! Fat burning cardio along with body sculpting!

For More Information regarding Classes or Personal Training please contact:

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