

FITNESS CLASS DESCRIPTIONS

CARDIO AND STRENGTH TRAINING

CARDIO YOGA MIX Increase your heart rate while toning and stretching your whole body with traditional cardio exercises and yoga poses.

CIRCUIT TRAINING This circuit/station-based class combines intervals, cardio, resistance, bodyweight and core training exercises that will strengthen and tone your entire body.

EXPRESS CORE In this class, you will focus on slow controlled movements to strengthen your entire core! Not just that surface 6-pack, but the deep core stabilizing muscles, spinal muscles, hips and low back, and shoulder complex as well!

HIGH FITNESS Think old school aerobics made modern. Cardio and toning meets Jane Fonda with a side of Richard Simmons. You will have a blast, see real results both physically and mentally, and leave the class wanting more because it's so much fun.

HIIT High Intensity Interval Training class which combines calisthenics and body weight exercises to deliver a fat burning, calorie busting workout.

LOW IMPACT FITNESS Exercises designed to increase muscular strength and range of motion. Class format is standing cardio, strength training and stretch using handheld weights, resistance bands, and ballet bar. Designed for all fitness levels.

SCULPT & TONE FITNESS Define, sculpt and build lean muscle using a variety of equipment.

STEP This high energy cardio workout strengthens the heart, increases bone mineral density, improves coordination and tones the lower body, with every step you take.

CYCLE

CYCLE Use effective riding technique to cardio train on the bike with varying resistance levels, riding speeds and riding positions.

EXPRESS CYCLE You'll be leaving the cycle room breathless after just 30 minutes of this heart pumping cycle class. The class will incorporate sprints to get that heart rate up and hill climbs to strengthen those calorie burning muscles. You'll leave feeling sweaty and strong.

PEDAL AND PULSE When the bike and barre collide! 30 minutes of cycle followed by 30 minutes of pulsing and squeezing to give you the ultimate cardio and sculpt workout.

MIND AND BODY

EXPRESS STRETCH Increase your flexibility and range of motion using different kinds of stretching techniques, resistance stretching, and yoga poses. Designed for all fitness levels.

PILATES Strengthen and tone your body while incorporating all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement and flexibility.

YOGA MIX Improve your flexibility and increase core strength in this class while reducing stress levels. Incorporate a mix of other mind-body practices to bring your body into a state of harmony and balance.

YOGA PULSE Apply micro movements and free weights to basic yoga postures to strengthen, sculpt and tone. The sequencing of yoga poses allows you to flow smoothly through the routine reaping the benefits of yoga such as flexibility, strength, balance, and stamina. The pulse element works to sculpt and tone along the way.

AQUA FITNESS

AQUA FIT/ZUMBA® Dance in the water to the latest Latin and international rhythms in a fun, relaxed atmosphere. Zumba® is a great cardio workout that will tone your whole body.

AQUA HIIT Low impact, fully body workouts using resistance in the water incorporating aqua dumbbells or aqua noodles for strengthening and core exercises.

AQUA PILATES/BARRE A combination of Pilates, yoga and ballet moves in the water to give you beautiful, sculpted, lean muscles without the impact and injuries dancers endure.

ADULT SPECIALTY CLASSES AND SMALL GROUP TRAINING (prepaid classes)

ADULT GOLF FITNESS A group training class focusing on the major components of golf: functional strength, balance, speed, endurance, and flexibility to get your Golf Body ready! RSVP required. Email jamie@jamiearion.com for more information.

BARRE A combination of Pilates, yoga, and ballet moves to give you beautiful, sculpted lean muscles without the impact and injuries dancers endure. No dance experience required.

CARDIO KICKBOXING A combination of Martial Arts and endurance training. This 60-minute class will challenge your cardiovascular system and muscular endurance. Class space is very limited so be sure to reserve a spot. Wrist wraps and gloves will be required.