



### **AOA Pilates**

A basic gentle mat Pilates class. Designed for beginners. Focuses on building core strength, improving balance and mobility. Equipment used includes bender balls, stability balls, hand weights, body bars and stretching straps.

### **Water Aerobics**

Varies with each class. A balanced water aerobics class designed to increase cardiovascular endurance and strength. Ideal for anyone with joint and/or mobility issues - this class is a great alternative for those that can't participate in a regular aerobics class. Mondays class is a slower-paced class. Wednesday & Friday classes are interval based using noodles and water weights.

### **Gentle Flow Yoga**

Practice tuning into your body by flowing in a slow vinyasa with attention to transitions and finding your way from one place to the next. Welcoming all levels of yogi, especially new yogis.

### **Zumba**

A fitness program that combines Latin and international music with dance moves. Routines incorporate interval training - alternating fast and slow rhythms - to help improve cardiovascular fitness.

### **Vinyasa Yoga**

Yoga that links movement and breath to attain balance in the mind and body. Vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. Inhalation is usually connected to upward, open movements, while exhalation is often tied to downward movements or twists.

### **Yoga for Beginners**

Introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description and demonstration.

### **High Fitness**

Transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness technique (i.e./ plyometrics, HIIT, etc.) with music. This results in high energy, intensity, and a crazy fun work out. The formula alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to a new level.

### **Musical Theatre**

Musical Theatre is the combination of music (singing), acting, and dancing.

### **Extreme HIIT**

Various ratios of high-intensity work followed by periods of rest allowing all levels to take it at their own pace as needed. It's a combination of cardio, weights and core designed to spike your heart rate and maximize your calorie burn.

### **Barre**

Pilates inspired full body workout using the ballet barre. With focus on isometric movements, this class builds stability while toning muscles and enhancing mobility.

### **TRX**

A full body workout using TRX suspension systems. Your body becomes the machine. With a portion of class dedicated to upper body, lower body, and core. This class provides a true full body workout and puts you in control.

### **Kettlebell Circuit**

Engages the entire body for a holistic functional workout. Circuit consists of stations, spending up to 1 minute at each station and of course using kettlebells for equipment.

### **Boot Camp**

High intensity work outs designed to build your cardiovascular endurance, strength, and core. Fastpaced programs put together to push you to the limits.

### **Butts and Guts**

45 minute class dedicated to toning your abs and glutes with targeted movements and cardio. Made to build your butt and lose the gut.

### **Kettlebell Flow**

Two or more exercises put together and performed with one rep of each movement back to back.

### **Get Sexy with Shonie 16+**

Sexy dance class featuring burlesque inspired moves and fun props like stilettos and chairs.

### **Mat Pilates**

Mat Pilates focuses on core strength and stability. This class is designed to work primarily on abdominal and glue muscles.

### **Spin/Cycling**

Hills, hills, and more hills. This class is characterized by muscular endurance drills, both seated and standing. A spin class is a high intensity cycling workout that generally takes place on a stationary machine with a heavy, weighted flywheel that is linked to the pedals.

### **Kids Commercial Dance**

Dancing to modern music, commercial dance incorporates moves from all genres including jazz, ballet, hip hop, breakdance, popping etc.