

# STAFFORD HILLS CLUB

## GROUP FITNESS CLASS DESCRIPTIONS

### *SHC Strength*

This non-impact strength training class was created to give participants an effective results-driven all body strength workout. Members will utilize heavy, medium and light free-weights, gravity and body weight as resistance tools. Great for members of any fitness level that wants to increase muscular strength and decrease body fat.

### *SHC Cardio*

Maximize your time & your workout with simple effective cardio drills. The 45-minute format is quick and efficient. A perfect addition to the busy work day.

### *Cardio Strength*

You have found a workout to challenge yourself with cardio moves and all over strength. This class combines intervals, drills, functional strength moves, core fusion, and increased flexibility. All levels welcome, come join the fun!

### *THIRTY 2 BURN*

An express High Intensity Training Technique giving an all out effort for 2-minutes of intense bursts of cardio & strength stations followed by 15-second recovery. This type of workout keeps your heart rate up and burns fat in less time.

### *Arms & Abs*

EXPRESS High Intensity workout focusing on upper body & core strength using a variety of equipment & functional movement.

### *Pilates Mat*

This classic Pilates format will challenge your core stabilizer muscles while simultaneously toning and lengthening the body. All levels are welcome.

### *ZUMBA®*

Crank up the music and dance your heart out because this class is far more like a party and less like a workout! Don't worry if you haven't danced in years (or at all for that matter). Zumba Fitness® is Latin inspired dance fitness program that has become the cardio go to class for people of all shapes, sizes, and ages.

### *Cardio Groove*

An inspirational dance fitness class that pulls from all genres of music to get your heartrate up and your body moving. Grab a friend and groove your cares away. No dance experience required.

### *Balance, Strength & Stretch*

This non-impact class was designed to provide a gentle yet effective workout for those wanting to improve balance, increase strength and bone density and retain and improve flexibility. The class will be taught in 20 minute segments, to allow members to focus solely on each element throughout the hour. A great workout for those wanting non-impact, and/or recovering from injury.

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### *Booty Barre® PLUS*

A well-structured, easy to follow class which alternates deep muscle toning movements along with cardio interval segments. The Booty Barre® method incorporates a well-balanced fusion of isometric movements that are counter balanced with full range of motion choreography, thereby creating a program that translates into functional strength and a beautiful physique! No dance experience is required.

### *Booty Barre® Flex & Flow*

An easy to follow Barre class utilizing a resistance band for the perfect blend of deep muscle toning with the fluidity of ballet, the flexibility of yoga, and the core strength of Pilates. This class is a must for all fitness levels ready to take your group training experience to the next level.

### *Barre Foundations*

Full body sculpting intensive class using a ballet barre with small, isometric, concentrated movements to create lean dense musculature and exquisite movement control. Barre Foundations works the entire body with several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, seat and thighs.

### *Cardio Barre*

All your favorite toning and sculpting barre exercises combined with calorie burning cardio to achieve a fabulous full-body workout that's efficient and effective.

### *Cycle*

Reach your personal goals with this 60 minute non-stop cycle class by guiding you through an intense ride, describing hills and simulating the terrain. This class increases your overall body strength and cardiovascular endurance but you have the freedom to make your workout as challenging as you'd like. \*Express Classes are the same format in a shorter time frame.

### *Cycle CORE*

This class will burn calories and increase cardiovascular endurance by taking you on a 45 minutes ride through various terrains, followed by 15 minutes of a mat based abdominals, back and core work. This non-impact class is appropriate for all levels.

### *30/30 Cycle Strength*

A great class for a new cyclist! Get your heart pumping & your muscles toned with 30 minutes of basic cycle followed by 30 minutes of strength training that will include weights, BOSU® and mat Pilates with a heavy focus on core and arms.

### *Cycle/Strength Intervals*

This circuit based class utilizes high intensity cardio intervals both on and off the bike to build cardiovascular and muscular endurance. The strength portions of our class will incorporate functional movements, bands, and free weights to tone the entire body.

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### *Yoga Fundamentals Level I*

In this alignment-based class, students will be led through sequences to increase strength, flexibility and general understanding of yoga asanas. Students will work to improve balance with special emphasis on standing poses using props and detailed instruction. Poses will be accessible to everyone through modifications as needed.

\*This class is designed for students who have little or no yoga experience but will benefit all levels of students. Each student must be able to transition from standing to lying on the floor and vice versa throughout the class.

### *Yoga Fundamentals Level II*

This class is designed to help students advance their yoga practice to the next level. With alignment-based instruction and a special emphasis on increasing strength and flexibility, students will explore a wide range of standing poses, simple back arches along with forward bends and twists. Detailed instruction will help each student access these postures using props and modifications as necessary.

\*This class is designed for students who are already comfortable practicing yoga and are able to hold poses for longer periods of time or who are ready to intensify their current practice.

### *Yoga Fundamentals Level II/III*

This class is designed for the serious yoga student who maintains a regular home/studio practice. We will continue to study a variety of poses including advanced standing poses and backbends, and beginning arm balances, and inversions. Props and modifications will be included as necessary.

### *Yoga for Athletes*

Learn poses to increase your range of motion and flexibility, especially in the hips and hamstrings. Spend time cultivating sport-specific core strength and balance, examine yoga as mental training, and learn how incorporating yoga's approach to mind-body integration to make you a better athlete.

### *Restorative Yoga*

Restorative Yoga welcomes all levels of ability with a focus on foundation. Invigorating poses as well as calming restorative poses are taught with a wonderful mix of gentle, therapeutic and restorative yoga. We use yoga props to gently increase range of motion, strength, and balance, increase flexibility in the joints and simplify the yoga movements so the healthful, calming, restorative benefits of yoga are accessible to everyone. This class is beneficial to decompress after a full day.

### *Yoga Flow*

Vinyasa Flow is a practice where postures or asanas are connected through the breath for a transformative and balancing effect. Classes build heat, endurance, flexibility and strength.

### *Sunrise Vinyasa*

A gentle Vinyasa flow designed to warm & wake up the body.

### *92F Power Vinyasa*

These strong, steady-paced classes flow through the complete, traditional Power Vinyasa Yoga sequence in a 92F class setting. The instructors offer modifications and variations throughout the class so that students of all levels can experience a deep and meaningful practice. Level 2 Class.

### *Restorative Yoga with Yoga Nidra*

This class slowly takes students through deeply supported poses to encourage gentle stretching and opening as well as stilling the busy or agitated mind. Classes conclude with Yoga Nidra, a form of guided meditation, takes the student to a state of consciousness between waking and sleeping, that allows deep inner reflection. Students often experience a feeling of well-being, reduced anxiety, and relaxation.

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### *Masters Swim*

Masters Swim is a weekly workout for intermediate to advanced swimmers that is ideal for triathletes, open water and fitness swimmers. These workouts are designed to increase endurance and speed with some attention to proper form and technique.

### *Hydro-Fit*

Water exercise classes provide the benefits of low-impact exercise, along with great fun & camaraderie. Aerobic movements, range of motion and strength/endurance exercises in water reduces joint trauma, improves flexibility & builds cardiovascular/aerobic fitness. Water and various equipment are used to create resistance while moving through the water and moving water around the body. Classes are designed for men & women of all ages.

### *Youth Fitness Xtreme*

Designed for every kid at every fitness level! Participants will learn how to workout while having fun. Games and obstacle courses will challenge kids to work together in friendly competition with a focus on teamwork. With an emphasis on learning how to move their bodies properly, kids will make friends and keep fit at the same time! Appropriate for ages 6 & older

### *Adventure Yoga*

Take yoga into the land of make believe as we bend, twist and stretch each week with new adventures to experience together. Students will be guided through traditional yoga poses in a fun and engaging atmosphere without losing the emphasis on proper alignment and the fundamentals of yoga. Most appropriate for ages 6 to 10.

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