

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 Kickboxing

This class is a low impact, high-energy, all body workout. Participants will learn easy to follow boxing combinations, with added strength work utilizing body weight. Great for all levels, and guaranteed to be a great workout that will leave you feeling empowered!

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!

Hard CORE

This 55-minute core class will strengthen and define the abs and glutes while increasing hip mobility and adding stability in the back. Each class will combine both standing and floor work to improve balance and core strength using BOSUs, bands, balls and gliders to customize intensity option

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.

Pilates Mat

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

Pop Pilates®

A fun fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a solid core while leaving no muscle untouched.

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.

Rev & Flow®

A dynamic workout that's easy on the joints without compromising the intensity of the workout. REV+FLOW strengthens bodies and sculpts muscles through targeted, music-based movements and resistance training. This will challenge the body in new and unique ways through easy-to-follow movements and uplifting music.

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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.

Barre Foundations

This class takes the foundational principals of ballet and Pilates to create a workout that will improve posture, balance and core strength. The workout will focus on maintaining optimal posture, while working through exercises that improve mobility, flexibility and stability throughout the body.

Barre Pilates Fusion

This fusion class is the perfect blend of gentle, full-body strength & flexibility training plus mindfulness practices by combining the foundational elements of ballet barre, Pilates & yoga.

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.

Tai Chi

A mind-body practice consisting of slow & gentle movements while mindfully practicing deep breathing. With consistent practice, Tai Chi has been shown to improve balance and physical condition while increasing an overall sense of calmness & awareness.

Walking for Wellness

Enjoy the outdoors & increase your physical activity with this fun and challenging walking workout. Get ready to up the ante on your walking with some interval work as well as strength training with bands. All fitness levels are welcome.

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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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/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. *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.

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.

*Yoga Restorative to flow is a mixture of Restorative Yoga & Yoga Flow.

Sunrise Vinyasa

Start your day with an active flow! Cultivate mindfulness through continuous movement linked with breath. Move through creative sequences that highlight alignment while cultivating balance, strength and flexibility. Studio is heated to 92F.

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.

Yin Yoga

Using still, floor poses, Yin Yoga targets the body's connective tissues - including the ligaments, bones, cartilage, & tendons - as well as myofascia - all major but often ignored components of flexibility, mobility, strength, and structure. Most exercise, including running, cycling, and weight training, focuses predominantly on the muscles rather than these important connective tissues, so anyone participating in those "yang" types of exercise can reap deep benefits from this complementary Yin practice.

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.

Yoga for Active Living

Learn poses to increase your range of motion and flexibility, especially in the hips and hamstrings while cultivating core strength and balance to keep moving and stay active. A great class for all levels.

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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

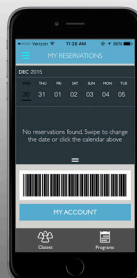
Water exercise classes provide the benefits of low-impact exercise, along with great fun & camaraderie. Aerobic movements, range of motion and strength/endurance exercises in water reduces joint trauma, improves flexibility & builds cardiovascular/aerobic fitness. Water and various equipment are used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

Youth 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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