

# CLASS DESCRIPTIONS

## **BEGINNERS PILATES**

Requiring no previous experience, Beginners Pilates focuses on balance, posture, flexibility and strength.

## **INTERMEDIATE PILATES**

Offering a higher level of challenge, Intermediate Pilates concentrates on core muscles and breathing techniques.

## **IYENGAR YOGA**

Focusing primarily on posture and breathing techniques, Iyengar Yoga helps to develop mobility and stability by focusing on the mind, body and spirit.

## **STUDIO CYCLING**

An indoor cycling session, led by one of our enthusiastic instructors!

## **ZUMBA**

Mixing many dance moves for an interval-style workout with the rhythm of Latino music.

## **LEGS, BUMS AND TUMS**

This class is aimed for toning, shaping and burning calories, with plenty of floor work.

## **KETTLEBELLS**

Kettlebell exercises focused on enhancing fitness, speed, power and agility.

## **BODY CONDITIONING**

An all over body work out, that burns calories and tones muscles.

## **METAFIT**

Metafit is a 30 minute, non-choreographed, body weight only high-intensity workout.