

## Mind & Body



**Body Balance** is a new generation Yoga class that will improve your mind, body and life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.



**Hatha Yoga** is a gentle, basic flow class focusing on stretching, breathing exercises and relaxation techniques. A great class if you are new to Yoga.



**Pilates Matwork** is a full body workout that create long, lean muscles. Pilates Matwork is performed on a mat on the floor and achieves results by using gravity and your body's own resistance – and sometimes small props, such as foam rollers, the magic circle or ring, balls or weights.



**Pilates Flow** is the Pilates method of exercises uses the concept of learning a sequence of exercises and then tying those exercises together in a way that makes it seem like you are constantly moving or flowing.



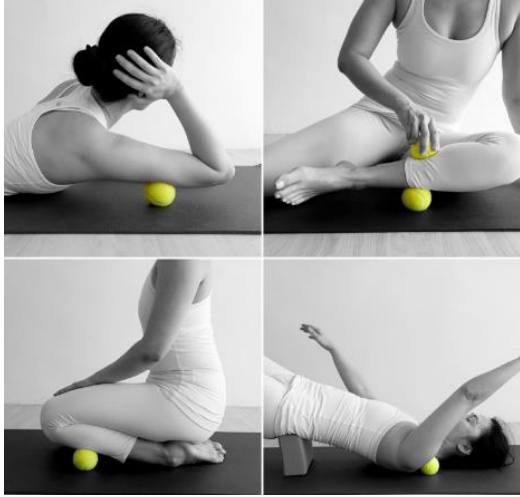
**Power Yoga** is a fast-paced style of Yoga that's focused on building strength and endurance. It is also an excellent form of Yoga for burning calories.



**Vinyasa Yoga** is a creative variation based on the principles of Ashtanga. Vinyasa means flow and unites breathing and postures. It can provide some aerobic components while improving strength, balance and coordination. Yoga experience recommended.



**Yoga & Stretch** is a dynamic, static stretching class which will energize your body, improve flexibility, strength and overall health.



**Yin Yoga with Myofascial Release** combines gentle, slow-paced poses to increase mobility and hydrate the body's fascial network. Yoga therapy balls provide self-massage to relieve back pain, shoulder pain, and tight hamstrings by releasing tension in deeper tissues. This technique involves gentle pressure to myofascial connective tissue restrictions, reducing pain and restoring motion. Combining therapy balls with yin yoga poses balances energy flow, promoting freedom of movement and relaxation. Suitable for beginners, no prior yoga experience is needed.



**Chair Yoga** allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being.



**Iyengar Yoga (Chair and Matwork)** is a form of yoga as exercise with a focus on the structural alignment of the physical body through the practice of asanas. It differs from other styles of yoga in three ways: precision, sequence and use of props. Precision is sought in body alignment in every asana.



**Yogalates** is a class that combines yoga and Pilates to improve strength, flexibility, and posture. Yogalates classes can help you develop a stronger core, improve balance, and reduce stress.

## Strength and Muscle Toning



**Abs, Butt & Thigh** is a combination of strength-based exercises for your abs, butt and thighs. It is an intense workout that'll help you sculpt that washboard stomach and lean legs you've been aiming for.



**Body Pump** is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit.



**TRX** is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.



**Barre Fusion** combines different disciplines – cardio and Pilates; aerobics and strength training; yoga and flexibility training – to build strength in the deep muscles of the abdominal region.



**Functional Training** focuses on exercises that mimic real-life movements, like squatting, lunging, pushing, pulling, and twisting, to improve your body's ability to perform everyday tasks with better coordination, balance, and stability, often incorporating bodyweight exercises and various resistance tools to target multiple muscle groups and joint movements simultaneously.



**Flexibility & Mobility** is a fusion of Pilates and Yoga movements to strengthen, tone, stretch and relax your entire body through postures, breathing, and relaxation techniques.



**Kettlebell** whether you're a beginner or seasoned pro, this dynamic, full-body workout will help you build strength, improve endurance, and boost mobility. Andyn, expert instructor will guide you through fun and challenging exercises using kettlebells to target all major muscle groups.

## **Aerobics**



**Body Combat** is a whole-body workout, meaning you use both your upper and lower limbs for the workout, giving a more balanced effect and helping you achieve defined muscles and a well-toned body.



**High Intensity Interval Training (HIIT)** is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.



**Circuit training** is a dynamic group fitness session where participants rotate through a series of different exercises targeting various muscle groups with minimal rest between stations, providing a full-body workout that combines cardiovascular exercise, strength training, and flexibility, aiming to improve overall fitness and muscular endurance in a time-efficient manner; suitable for all fitness levels with modifications available to adjust intensity.



**Zumba** is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – to help improve cardiovascular fitness.