

MOVement Fitness Class Descriptions

- **Active Stretch:** This class combines dynamic movements that warm up the entire body, stretch the muscles, and strengthen the muscles. We combine faster paced flowing movements with static stretching to really get deep into those muscles. Use this class as active recovery, to increase flexibility, to promote overall strength or as a powerful warm up!
- **Arms and Abs:** Tone and strengthen your arms and your abs in this 30 minute workout.
- **Beyond the Barre:** Enjoy this fun, energetic class that mixes fitness with the elegant movements of dance. The goals of the class will be to lengthen and strengthen the muscles in your arms, legs, and core in this full body barre style class. We will begin on the floor and then move into strength movements for a total body workout. We will incorporate balance movements to help stimulate recovery and elongate the muscles groups that have been worked.
- **Boot Camp:** this circuit-style class incorporates strength and cardio that will challenge any fitness level. You will target all muscle groups for a full body training session. Be ready to break a sweat!
- **Cardio Kickboxing:** An action-packed workout that combines a series of punching and kicking combinations, this class improves strength, muscle tone, and endurance. Release your stress with this awesome class!
- **Friday Fun Day:** You never know what is going to happen with this class, but one thing is for certain, it's going to be a fun workout! We will be using different spaces and places in MOVement Fitness to mix it up and start our weekend on a great note!
- **Indoor Cycling:** On a stationary bike, we do interval drills, hill climbs, and sprints. Motivational coach will guide you on the ride of your life.
- **Kettlebell/TRX:** Kettlebells focus on improving the overall strength, core power, balance, flexibility, and coordination of your body. Kettlebells offer a wide range of movements that aim at targeting every muscle group for a total body workout. TRX is resistance training using a suspension trainer working on strength, balance, flexibility and core stability simultaneously.
- **Kickboxing:** boxing and kickboxing skills are taught in true technique to ensure the safety of the participants, whether you want to get in the ring or just learn how to hit mitts properly. This class offers a dynamic workout for the mind and body.
- **Muscle Mixer:** The ultimate blend of strength and cardio. Build muscle, burn fat, and improve cardiovascular performance in the most efficient way possible. Class is suitable for all levels.
- **POUND:** Channel your inner performer & rock your body with this modern day fusion of movement and music. Using Ripstix - weighted drumsticks engineered for exercise - POUND transforms drumming into an effective full-body workout.
- **Relax Yoga:** This class is a specially designed yoga class to help you chill out, decompress, increase flexibility, and sleep better at night. Linking your breath to your movement, we will flow from one pose to the next, utilizing yoga poses and therapeutic exercises to help alleviate neck, back, and hip pain. This is the perfect class to take to wash away stress and tension, so you can enjoy a relaxing evening with your family and friends. All levels are welcome, no prior yoga experience necessary.
- **Silver Sneakers:** Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support, and class can be modified depending on fitness level.
- **Strong Nation:** THIS IS NOT a dance fitness class. STRONG NATION combines body weight, muscle conditioning, cardio and plyometric training. The moves include high knees, burpees, and jumping jacks which are interchanged with lunges, squats, boxing, and kickboxing. What makes this class different is each move is synced with trademarked music to motivate students to complete reps without always counting. The routines are designed to be challenging and inclusive. Bringing your own mat and fingerless gloves are recommended for floor routines.
- **Tai Chi:** sometimes described as Meditation in Motion, this practice helps with balance, flexibility and mental focus.
- **Teen Yoga:** a fun way to explore popular poses and learn meditation for better overall health. The focus of a teen class is meant to allow the development of a healthy self-esteem, while improving strength and balance.
- **TRX:** This is a 60 minute resistance training class using a suspension trainer working balance, flexibility and core stability simultaneously. We will also add in agility circuit stations. Meets in the turf room.
- **Xtreme Metabolic Conditioning:** EMC will break through your boundaries, push your edge, and take you out of your comfort zone. Convert your body into a fat burning incinerator as you tax all three energy systems. Class is suitable for all levels.
- **Yoga:** this class is great for any fitness level, all poses are offered with options to honor or challenge your body. Deep poses are used to target the fascia, especially beneficial if you sit all day or lift heavy, or both ! A short meditation is offered at the end of each class
- **Zumba:** Zumba® is a global lifestyle brand that fuses fitness, entertainment, & culture into an exhilarating dance-fitness sensation. Zumba classes are "fitness parties" that blend upbeat world rhythms with easy to follow choreography for a total body workout.
- **20-20-20:** This hour-long class starts off with 20 minutes of cardio to get your heart rate up, 20 minutes of strength based movements follow before ending with 20 minutes of stretching and total relaxation.