

## PINERY FITNESS CLASS DESCRIPTIONS



### Cardio Conditioning:

Cardio is designed to build strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

### Circuit Station:

High intensity class with timed rotating stations and short rest cycles, focusing on strength and endurance.

### Core and Stability:

Core and Stability will introduce you to specific core strengthening exercises that help correct muscle imbalances and develop your central core stability.

### HIIT Upper or Lower:

HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. Focusing on the Upper or Lower body.

### Pilates:

Pilates is the ultimate strength, flexibility and body awareness exercise. This class uses mat exercises similar to those developed by Joseph H. Pilates. The primary focus is to develop core strength with isolation of specific body parts. \*BRING YOUR OWN MAT.\*

### Tai-Chi:

Tai Chi, also referred to as moving meditation, is an ancient Chinese martial art that is practiced worldwide for its health and wellness benefits. Tai Chi improves flexibility, increases strength, helps with balance and is a great form of stress relief. Classes run one hour, and participants should wear loose, comfortable clothing.

### Teen Conditioning:

This class is a high-energy exercise class and strives to increase the overall health and fitness level of teens in a fun, positive and motivating environment by utilizing obstacle courses, partner activities, body weight exercises, circuits and more.

### Total Body:

This class is a way to improve your physique and increase your lean muscle mass. It is a strength training class that is great for beginners, as well as experienced exercisers. You will use a variety of equipment to create your own resistance while exercising. Balls, bands and dumbbells are used while targeting every muscle group.

### Vinyasa Yoga (Beginner)-

Coordinating breath with movement, we will gently flow with music through a series of postures to slowly awaken the body and start the day. Students will build strength, energy, flexibility, and the power of your breath in a fun atmosphere! Bring a mat and water.

### Vinyasa Yoga (Intermediate)-

Utilizing synchronized breath to mindful movement, with the addition of longer holds, balancing, and a core focus. Bring your mat and water.

**Each class is 45 minutes. Cost: \$10 per class, will be charged to your member account.**

**720-881-4164**