

Descriptions

*Low Intensity

**Medium Intensity

***High Intensity

Suitable for all levels

All classes are 45 minutes unless specified

Body Burn ()(***)** - a blend of cardio and resistance training.

NEW CLASS!!! Body Burn / Glutes & Abs (*)** -- everything you love about body burn tailored to glutes & abs.

Tone Up (*)** - This fan favorite format incorporates a combination of kickboxing and weight training for a full body work out.

Spinning ()**: An indoor cycling workout that using body positions and resistance to simulate a ride outdoors.

Pilates ()(***)** – A low impact class that includes a mix of standing and mat Pilates exercises which emphasizes strengthening the abdominals, back, gluteal and surrounding muscles.

Aging fit(*)- This fun, full-body workout keeps you on your toes by combining cardio and strength training exercises while using a variety of equipment. The format of this class will change from week to week (All levels)

Balance & Beyond(*) – This class features a mix of focused and dynamic balance exercises and techniques to help keep you safe on your feet! This format will challenge and build your mobility, strength, and balance. (All Levels)

Yoga Flow()**- This class combines Traditional Yoga poses timed with breath movement to create flowing movement balance, mobility, flexibility, and strength. Additional props may used to support this practice.

Yin Yoga(*) -this class features deep floor based stretching with longer holds to facilitate deep muscle release.

Chair Yoga()**- This class offers traditional Yoga poses at slower pace with the support of a chair to promote balance, mobility, flexibility, and strength. Additional props may used to support this practice.

Sound Healing & Meditation (*)- is a form of none movement-based yoga practice using different frequencies of music tones as well as musical props like singing bowls or bells to help the body to release tension, relieve anxiety, reduce stress and improve concentration. Paired with meditation this class will be sure to leave you feeling lighter and more aligned. This class is one full hour.

Cardio Pump (*)**-features a mix of cardio, strength and choreographed movement. If you like Tone Up you will LOVE Cardio Pump!

NEW CLASS!!! Restorative Yoga - (*) - Mat based stretching based off the principles of yoga using different yoga props to promote deep stretching and tension release. This class features an extended relaxation period of 5 to 10 minutes where members are encouraged to lay or sit and focus on deep breathing to promote the release of mental and physical tension.

Pool/Water Class descriptions

*Low Intensity

**Medium Intensity

***High Intensity

Suitable for all levels

All classes are 45 minutes unless specified

Aqua Yoga Express (*)- All the benefits and poses we love from yoga in the comfort of the pool. This class may incorporate the use of a pool noodle to improve buoyancy and flexibility in each pose.

Aqua Tone Up(*)**- That's right Ichell's Trademark format is back in the water! This fan favorite land format incorporates a combination of kickboxing and weight training aqua style!

Aqua Balance Express ()** – Balance Training exercises for an effective yet gentle Aqua workout.(30 mins)

H2O Cardio/Strength()(***)** - This class delivers an effective workout designed to strengthen and tone the body as well as improve the range of motion and cardiovascular ability throughout the body using the water. This class will include the use of different exercise Aqua props and tools.

Aqua Tone () (***)**– an intense aqua workout using different aqua exercise equipment and tools to deliver an effective workout.

Aqua Cardio()(***)**- A mix of aqua based cardio exercises and drills.

Aloha/Aqua Flow Express (*) – A low impact aqua routine to help build balance, muscular strength and cardiovascular health. Aqua tools may be added for additional resistance.