

Descriptions

*Low Intensity

**Medium Intensity

***High Intensity

Suitable for all levels

All classes are 45 minutes unless specified

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

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.

Barre & Beyond()(***)** – features classic barre exercises infused with other strength training modalities like Pilates to deliver an effective workout.

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 combines 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.

Healing Flow (*) - features gentle standing and mat-based stretches attuned to the healing elements of the universe (Earth, Air, Fire, Water) members can expect to breathe, move and flow with an extended relaxation at the end of class to assist in settling the elements. This class is one full hour and is accessible to all fitness levels.

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

Burn & Box (*)** - this class features all the high energy and fun of kickboxing, get ready to sweat!

Balance & Strength ()** – features a combination of different balance exercises and drills to promote strength for balance. Different props will be used to challenge the body.

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 Fiesta ()(***)**– this class features a mix of choreographed dance movement and strength training to deliver a fun filled aqua workout.

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.