

Virtual Instructional Program Descriptions

Afternoon Unwind

A calming reset for your body and mind. Through gentle stretching, guided breath work, positive affirmations, and soothing music, you'll release tension and restore a sense of ease. All fitness levels welcome, it can be done seated or lying down.

BLT - Butt, Legs, Tummy

BLT otherwise known as butt, legs and tummy combines several exercise routines that focus on toning and strengthening. Working the abdomen and lower body, a BLT class is fantastic for increasing stamina and endurance. Incorporating squats, lunges, leg raises, and more, our BLT classes are perfect for getting fit. This low to medium intensity class helps older adults to maintain a good level of fitness.

Circuit Training

Go through a pure circuit workout, at home old school style, no equipment required. Every week you will repeat a variety of exercises targeting all the major muscle groups.

F*A*S*T* Results (Flexibility, Alignment, Stability & Tone)

Fast results, to better, easier functional movement with the following movement protocols

- F - Move better with Flexibility Training for increased range of motion for healthier muscles and joints
- A - Improve Alignment through exercises that will help achieve an upright and healthy spine
- S - Increase Stability with balance challenges for falls prevention
- T- Exercises using light hand weights and high repetitions to Tone muscles for strength and endurance

L.I.I.T UP (Low Impact Interval Training)

A workout for all levels of fitness that alternates Cardio burst intervals with super sets of compound Strength exercises for Core, Upper and Lower body.

Pilates

Pilates is a core strengthening program with concentration on the abdominals and postural muscles. This program will improve balance, back health, muscular endurance and concentration.

Stretch & Tone

This class is designed to strengthen muscles, increase flexibility, endurance and tone your body.

Yoga

Focus on relaxation, concentration and developing a better understanding of the bodies balance. Yoga coordinates movement and breathing, helps release tension and increases energy.

Don't wait to register, register today!