

ATHLETICS & STUDIO

BARRE: Limited to 20 participants. Movements from ballet, Pilates, & yoga, using a ballet bar. For remote, we recommend any waist-high surface to use as your 'bar', a mat & light hand weights – 1, 2, or 3lb recommended. A low-impact workout, with high repetitions, aimed at improving endurance, flexibility, & posture. 60 mins. **REMOTE OPTION AVAILABLE (r).**

BODY SCULPT: This class incorporates a mix of circuits of strength training, HIIT cardio, mobility, and core work. For virtual classes, sliders (gliding discs) & dumbbells are ideal, but modifications can be made for body weight. Modifications offered for every level. 60 mins. **REMOTE OPTION AVAILABLE (r).**

BOOTCAMP: Focused on building strength & delivering a total body workout. This gym-floor class includes a dynamic warm-up, core strength circuit, upper & lower body exercises, & a stretching series at the end. Modifications & progressions offered for all levels. 60 mins.

CYCLING: Limited to 15 participants. Take your cycling workout indoors in our fabulous cycling studio with top-of-the-line Technogym stationary bikes. Get motivated by the instructor, the people around you, & the music! 45 mins.

3 class styles: 1) Classic Road – Classic tunes simulating traditional road cycling; 2) Conditioning Ride – great music and coaching to guide you through a fun cardiovascular conditioning workout; 3) FreeBeats – our virtual ride option offers a pre-recorded class throughout the week offering a challenging workout and great music.

FLEXIBILITY TRAINING: Please note, this class is not suitable for pregnant people – see below for other contraindications. A targeted mobility training program to supplement (not replace) any other exercise you are already doing. This class uses long holds and a specific breathing pattern to work towards greater flexibility. The tighter you are, the more you need this class! Contraindications: Pregnancy, artificial joints, EDS, recent/not healed injuries/surgeries, recent head injury. 60 mins

PIYO: A strengthening class for total body, PiYo® combines movements & exercises from Pilates & yoga to create a unique & fun workout. Using stretching, bodyweight training, & cardio conditioning, this high-energy, low-impact class helps increase flexibility, balance, & strength. 60 mins. **REMOTE OPTION AVAILABLE(r).**

POWER HOUR: Full-body strength & conditioning class, using a variety of equipment inside, or outdoors when weather permits! You won't get bored, but you *will* start to see results in muscle tone & definition! Modifications & progressions available for every exercise. 60 mins.

AQUATICS

AQUA FIT: Strength & toning exercises with moderate-intensity aerobics using natural water resistance & "water weights." An excellent, & safe workout to improve cardiovascular endurance, muscular strength, & range of motion. One lap lane only will be open during aqua aerobics. 60 mins.

PILATES

INFERNO PILATES: Increase your flexibility, and develop a stronger core! This high-intensity interval training (HIIT) makes that happen. We also use the Tabata method: time under tension, all while moving to the beat. Don't forget to send positive vibes to your neighbor! Weights and bands available to enhance your fun! 60 mins. **REMOTE OPTION AVAILABLE (r).**

MAT PILATES: This mat-work Pilates class follows the classical routine with instruction & hands-on help for alignment & understanding of the movement. The class incorporates strength, stretch, & stability, & modifies for your needs. 60 mins.

PILATES IN STUDIO*: Limited to 3 participants. Enjoy using the Pilates studio apparatus while you lengthen & strengthen muscles like you've never experienced before. **Intro/refresher:** novice; **Intermediate/advanced:** previous experience appreciated. **ADDITIONAL FEE: MEMBERS: \$20; NON-MEMBERS \$30**

TENNIS & RACQUET

CARDIO TENNIS – Limited to 12 participants - You know it and you love it! This high intensity session combines drills and games to provide an opportunity to develop skills and also burn calories, all done to a heart-pounding, bass pumping playlist. (All levels)

DOUBLES PLAY – Minimum of 3 participants - All things doubles! We'll talk tactics, positioning, anticipating, and putting that ball away. We'll end every session with service game/match play. (NTRP 3.0+) Members: \$20; Non-members \$35

PATTERNS OF PLAY- 60 minutes – Limited to 8 participants – Focused on individual patterns of play. How to use shot selection to keep our opponents off balance, and stay ahead in the point. (NTRP 3.5-4.0) Members: \$20; Non-members \$35

HIGH SCHOOL CLINIC- 90 minutes – Limited to 6 participants – Emily will be coaching high school players, sharpening their skills and technique. Members: \$30; Non-members \$45

TENNIS GAMES – Limited to 16 participants - This clinic is a fun adult beginner tennis program combining all of the king of the court style tennis games from cardio tennis with some very basic drills for developing strong fundamentals. We use compression balls to make our shots easier to control and make the game more accessible. It will also feature music and a general party atmosphere. (All levels)

THURSDAY NIGHT SERVE & VOLLEY – Limited to 8 participants - Come one, come all to our Thursday Night Serve and Volley. Enjoy casual doubles match play at our weekly round robin. Challenge your friends and the Tennis Pro-staff. Keep the trash talk coming as we laugh off our mistakes and celebrate our brilliant shots. A great time will be had by all.

YOGA

ENERGY MEDICINE YOGA: **ENERGY MEDICINE YOGA** (EMYoga) blends easy-to-learn energy medicine techniques and traditional yoga to amplify the benefits of your practice without increasing your time on the mat. For beginners and experts alike, EMYoga complements any yoga style. 75 mins.

EXPRESS HATHA: 26 great postures. 2 breathing exercises. This class reduces the famous Bikram 26 & 2 sequence from 90 minutes to an epic 60! We move swiftly, mindfully, and confidently as we detoxify, all with concise, precision instruction for a safe, effective practice. Each pose is designed to prepare you for the next one. 60 mins. **REMOTE OPTION AVAILABLE (r).**

FLOW & RESTORE YOGA: Incorporating pranayama, meditation, & flowing movement with longer holds. Warming the body with flowing yoga sequences, & using the heat built to relax & restore the body & mind into supportive restorative poses. 90 mins.

GENTLE FLOW: This mixed-level class is designed to revitalize the body & soothe the nervous system. A gentle flow sequence promotes tone, balance, & flexibility. The class concludes with a series of supportive restorative postures to invite deep ease & relaxation. 60 mins.

KRIPALU YOGA: Kripalu means compassion. It is a well-rounded practice for connection of body, mind and spirit. Inspiring a collective wellbeing and tools needed for healing and growth for oneself as well as the world around you. All levels. 90 mins.

MOTIVATION YOGA: Kickstart your week with this energizing, and uplifting mixed level Hatha Vinyasa flow. A mixture of guided meditation, pranayama, mudras, and flow postures with inspirationally themed classes will start you on the right note and gear up for the week ahead in mind, body and soul. 60 mins.

RESTORATIVE YOGA: Restorative yoga encourages relaxation of the body and mind. This class is open to all levels. The focus is on long passive holds, with the aim of releasing tension. 75 mins.

SLOW FLOW YOGA: A gentle class that flows with breath from one pose to the next. Longer holds in between transitions let you 'feel' into poses with each breath, with a focus on alignment. 75 mins.

TRAPEZE YOGA: **Limited to 6 participants.** Build upper body strength, relieve back pain, and explore backbends. No prior experience required, just a desire to improve strength and flexibility! Worried about going upside down? Don't be! There are many options with the trapeze that don't require inversions. But you're going to want to try! Contraindications: Pregnancy, high/low blood pressure (consult with Dr), glaucoma or other eye issues, recent surgeries, vertigo, prosthetic hips. 60 mins.

VINYASA YOGA: Based on the belief that mental & physical health are interrelated, & should be conditioned together, Vinyasa emphasizes sequential movement between postures, coordinated with & guided by deliberate breath. Move between postures with each held for 5 to 8 breaths. A balanced class with forward bending, twists, backbends & opportunity for inversions. All levels. 60 mins.

YIN YOGA: In Yin we slow it down. Sometimes less is better than more. With Yin we hold our postures longer than in any other yogic practice: 3 to 5 mins for beginners, five minutes or more for advanced practitioners. Each pose applies moderate stress to your connective tissues, tendons, fasciae, and ligaments. In return you get increased circulation, improved flexibility, stronger bones, joints, and an all-round better sense of well-being. 75 mins