



# CLASS DESCRIPTIONS

## **Introduction to TRX & TRX**

Instructor: Lisa Press \* Class size limited to six

TRX = Total Body Resistance Exercise. TRX Suspension Training exercise builds true functional strength and improves flexibility, balance, and core stability all at once. Intro = no experience!

## **Pilates**

Instructor: Lisa Press

The main fitness goals of a mat pilates program include improved flexibility, muscle tone, body balance, spinal support, low back health, sports performance, and body-mind awareness.. All levels welcome.

## **Strong Stability**

Instructor: Lisa Press \*\*Previously weights & bands + balance & strength

Weight training for strength with a focus on form with stability elements. All levels welcome.

## **Resistance Circuit Training**

Instructor: Lisa Press

A variety of resistance band exercises to shape and tone the body.

## **30min HIT**

Instructor: Susan Hazelwood

Challenge yourself with this 30 minute hiit workout. Follow Susan through a high intensity interval training workout to help sculpt & tone!

## **Yin Yoga\***

Instructor: Susan Hazelwood

A more meditative approach to yoga, yin aims at cultivating awareness of inner silence, and bringing to light a universal, interconnecting quality.

## **Sunrise Stretch\***

Instructor: Susan Hazelwood & Lisa Press \*Previously "Morning Stretch"

Stretching in the morning can reduce back pain, help with better posture, improve circulation, promote flexibility and increase energy level. All levels welcome.

## **Vinyasa Flow Yoga\***

Instructor: Suzanne Melby

A series of poses linked together by the power of breath & strong poses. This class will challenge you and leave you feeling revitalized.

## **Mindful Yoga\***

Instructor: Suzanne Melby

With each unique class you will build strength & flexibility while developing an awareness of how to carry those lessons off your mat and into the world.

**\*Outdoors if weather permits**