

## *Fitness Class Descriptions* *Fall 2017*

\* **Aqua Jogging** – Aqua jogging is little to no impact exercise class. It mimics your natural running movements without the pounding on your joints and muscles. Its great way to maintain cardiovascular regimen without having to put on miles on your feet.

\* **Boot Camp** -Specially designed to challenge everyone (regardless of fitness level) allows you to push the limits at your own pace by using back-to-basics core conditioning. Training includes strength, aerobic exercises, muscle toning, agility drills, increasing power and mobility.

\* **Booty by Lauren**- You'll be working your entire backside (aka posterior chain) in this fun and dynamic class! Lauren will lead you through a series of exercises that will strengthen your glutes, hamstrings, back, and core. These exercises will allow your back, core and glutes to function more effectively as well as reduce your risk for injury down the road!

\* **Deep Water Aerobics**-NO swimming experience necessary! This is a non-impact, intense cardiovascular workout in the deep end of the pool. Various activities using the resistance of the water and equipment will help increase both the cardiovascular and muscular systems. All flotation belts and other equipment provided.

\* **Foam Rolling**- Core Development and Range of Motion- We will focus on a curriculum that uses foam rolls for myofascial release techniques and increasing tissue dexterity. The goal is to improve range of motion and make life pain free.

\* **FunFit** – The class uses choreographed movement with weights and plyometrics. The use of intervals will increase metabolic demands and you will burn more calories.

\* **GRIIP** – Grip is Gains with Resistance and Intervals for peak performance. It's a high intensity class utilizing weights, plyometrics, and intervals. Be ready to sweat and enjoy the great energy the class will bring you.

\* **Hatha Yoga**- Hatha Yoga is designed to increase our awareness of the mind-body connection. Yoga strengthens and tones the muscles, while increasing flexibility. It helps to lower blood pressure, and manage everyday stress. This class accommodates experienced practitioners and welcomes beginning students, as well.

\* **Lobo Cycling** - This non-impact class will give you a great cardiovascular workout and burn mounds of calories! The instructor will work you out by using interval work that challenges the cardiovascular and muscular systems. All levels welcome!

\*Sign up as early as the day before for a bike because there is limited space available.

**Must call to reserve!!! 505-277-0178**

\* **Pilates**-This class will develop optimal core control! Pilates improves strength, flexibility, agility and motion. Using mats, bands, and balls teaches body awareness and good posture while giving you a challenging workout.

\* **PiYo** – The class is a mixture of Pilates and Yoga. It will incorporate the core exercises of pilates with the strength and flexibility exercises of yoga.

\* **Personal Defense**- Learn the different martial art techniques to make your self feel more secure and another dimension to your wellness.

\* **Pound**- Using weighted drum sticks, you will perform choreographed exercise for an intense and fun workout!

\* **TRX** – TRX straps utilize your own body weight to facilitate different movement patterns. The straps are adjustable to any person and the class can be adjusted to anyone's fitness level. TRX straps are great for anyone looking for a way to get a total body workout.

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\* **WOD:ROM**- The body is meant to move through different ranges of motion. In this class, you'll be moving the body actively through high intensity interval training (HIIT) circuits as well as passively through yin yoga-style poses. This class will give you that jolt of high intensity and will end with a relaxing, meditative stretch that will leave you feeling relaxed and refreshed.

\* **Zumba**- This dance fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away! Achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements.

### *WOW Specific Classes*

\* **Circuit**- Come enjoy an experience that will include medium to high intensity exercises. It focuses on weight training and learning the techniques involved in a proper weight training program.