

EveryBODY Yoga - Gentle class that will increase strength, mobility and balance using a chair as the main prop. The class will provide modifications for everyBODY while challenging you to work to your fullest potential. Class will begin and end with breathing and relaxation techniques. Appropriate for those with joint pain, limited range of motion, fibromyalgia, arthritis and overweight.

Intro to Yoga Fundamentals - Study basic poses, principles of movement and posture, and mindful transitions. Create a practice of calming the mind, breath awareness and relaxation techniques. Recommended for those who are new to yoga or have never been in a class setting. Intro to yoga fundamentals provides students with the skills and confidence to transition easily into a Yoga class.

Yin Yoga - A gentle, therapeutic style of yoga that uses props to support the body to deepen the benefits of the poses. Enjoy a soothing and nurturing practice that promotes the effects of conscious relaxation. Open to all levels.

Slow Flow - A slower paced vinyasa flow class allowing time to go deeper and enjoy the postures. Appropriate for beginners.

Yoga - Align, strengthen and promote flexibility in the body. Asanas are often held to allow students the opportunity to open and release into the pose. Expect seated and standing postures, twists, backbends, forward folds, hip openers and inversions. Special themes and specific muscle groups may be focused on. Inspired by various styles of yoga. Variations and modifications offered for all students.

Yoga Flow - Vinyasa flow linking body and breath. Designed to build strength, lengthen muscles and increase flexibility.

Yoga For Strength - Yoga poses with emphasis on strengthening the legs, arms and core. All levels.

Beginning & Continuing Tai Chi for Health & Arthritis (TCHA) - TCHA is a short modified Sun form developed by Dr. Paul Lam. It is an appropriate introduction to the study of Tai Chi.

Beginning Tai Chi Fundamentals - Tai Chi Fundamentals is a short modified form based on the Yan style developed by Tricia Yu. It is an appropriate introduction to the study of Tai Chi.

Qigong - A gentle and expansive form of movement that uses repetition, inviting you to focus your attention and explore the movement. Posture, full range of motion, long diagonal stretches, and balance are all aspects of this style.

Tai Chi FAN - A gentle and elegant practice that incorporates the opening, snapping shut, and flipping of a fan with the balance and fluidity of a set sequence of steps. Through the sensual artistry of this form, participants will sharpen their focus and gain a greater sense of unity with body and mind.

Intermediate Tai Chi - This class is appropriate for students who have experience in both modified forms: TCHA & Tai Chi Fundamentals

Tai Chi Yang 24 - This form is also known as the Yang family short form and the Beijing form. It was popularized by China's National Physical Culture & Sports Committee as China's national fitness program. This form is widely taught and practiced throughout the world. It is an appropriate introduction to the study of Tai Chi.

Tai Chi Sun 73 - Developed by Sun Lu Tang, this form is characterized by the "lively or agile" step work and the integration of deep internal power through breath and spiraling rhythms. Although not required, prior experience in TCHA makes it easier to learn this form.

Hot Yoga Studio Classes

(Hot-heated to 90-95)

OT Flow to Restore - Begin with vinyasa flow to develop heat & strength. Class ends with restorative postures to promote relaxation and stress reduction.

HOT Power Flow - A challenging vinyasa flow class resulting in greater strength, increased flexibility, range of motion and detoxification through breath and sweat. Expect inversions, arm balances, core work and inspiring music. Yoga experience recommended.

HOT Yin Yoga - A gentle, therapeutic style of yoga designed to work the connective tissues of the body. This class is excellent for those with injuries, tight joints and muscles and for those looking for an great stretch. All levels class.

HOT Fusion - A unique mix of yoga and Pilates in a heated room. Pilates exercises and yoga postures develop healthy breathing, flexibility, concentration, a mental focus and release that is challenging yet rejuvenating. Burn extra calories and protect your muscles and joints.

HOT Yin & Roll - Release trouble spots and reduce pain with rollers and balls and incorporate the nature of yin yoga.

HOT 26 ReMix - Hot Flow meets Hot 26! A purposeful sequence of postures inspired by bikram and vinyasa flow formats. Enjoy soft lighting and inspiring music. All levels class. 60 minutes. Temperature 105.

Hot Pilates Sculpt - Use light weights, resistance bands and Pilates magic circles to further enhance and intensify the workout based on Joseph Pilates classical mat work. Expect to challenge your strength, control and balance. Pilates mat experience recommended.

Pilates

Barre - An energetic, fun workout that fuses fitness techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. All fitness levels welcome. FREE to HAC members. Space is limited. Please arrive early for your spot at the barre.

Pilates Fit - Move, stretch, kick, plank and twist. This class will give an all-over body workout while stabilizing your core or Powerhouse. Class uses Pilates based moves to enhance balance, simulate sport-related moves and sometimes uses quick intervals to change muscle memory. Weights, bands, balls and barre are may be used. All fitness levels are welcome.

Pilates Mat - Traditional Mat Pilates workout that will incorporate the Pilates principles of Concentration, Control, Center, Fluidity, Precision and Breath. Participants will leave feeling stronger with more flexible muscles along with greater posture and increased energy.

Beginning Pilates Reformer - Basic reformer exercises for those new to reformer. Intro to reformer required before attending.

Pilates Reformer - Basic and effective movements on the reformer. All levels. †

Pilates Reformer 2 - Intermediate/advanced level reformer class with quicker transitions. †

Restorative Pilates - Gentle mat class with emphasis on stretching and strengthening. Appropriate for seniors and those with chronic problems such as arthritis or diabetes.

Non Members Welcome! Passes may be purchased at Harbor Wellness Studios. † **Pilates Reformer classes** are pre-register, pre-pay. **Intro to Reformer** class required before signing up for group reformer classes. Passes expire after the session and may not be transferred to another session. No refunds or make ups. There is a **24 Hour Cancellation** policy: Please call if you are going to miss your Reformer Class. **Private Sessions** - For appointments call Courtney at 821-6501 or email her courtney@harborathletic.com.

HarborAthleticClub | *Classes* **On the Floor**

fitness is a lifelong pursuit

*The group atmosphere is inspiring. The music and energy is addictive.
You will be craving for more and have fun doing it!*

BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

BODYCOMBAT®: Explosively popular in clubs around the world, BODYCOMBAT® combines moves and stances from a range of self-defense disciplines like Karate, Boxing, Tai-Chi and Kickboxing. It's a fiercely energetic experience taught in a safe and simplistic manner.

BODYFLOW®: A combination of Yoga, Tai-chi and Pilates pre-choreographed to some awesome music that builds flexibility and strength and leaves you feeling centered and calm. It works on mind as well as body to leave you feeling centered, renewed and stress-free.

BODYSTEP® is a cardiovascular program that uses a height-adjustable step. Providing a high energy cardio workout to music, BODYSTEP® features high intensity intervals followed by muscle conditioning tracks designed to shape and tone the entire lower body while pushing fat-burning systems into high gear.

BODYJAM® is a 55 minute dance-inspired workout that moves with the latest music. It's cardio funk at its best for those with a passion for movement and dance. Anyone who wants to have fun doing cardio should check this class out! All moves are broken down into simple steps...then you put them all together...options too!

BODYPUMP®: Definitely the fastest way in the universe to get in shape! Body Pump is an expertly choreographed, quality controlled barbell program. It is a revolutionary weight training workout that strengthens, tones and defines every muscle in your body. Express class is 45 mins.

CXWORX: The 30-minute personal-training inspired core class that has been formulated with a carefully structured, scientific approach and unforgiving intensity. CXWORX has been designed to tighten and tone the abs, glutes, back, obliques and "slings" connecting the upper and lower body. It will improve functional strength and assist in injury prevention. It will get you results where it counts most! Pre-choreographed to music you love from Les Mills!

GRIT™ PLYO/CARDIO: LES MILLS GRIT™ Plyo is a plyometric-based workout that delivers fast results! Combining the principles of explosive plyometrics and power agility training, you'll build a powerful, agile and athletic body. Cardio is a high-impact cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute workout combines high impact body weight exercises and uses no equipment. (Fit Pass required)

GRIT™ STRENGTH: Using barbell, weight plate and body weight exercises, LES MILLS GRIT™ Strength is an intense 30-minute team training workout that will blast all major muscle groups and take your strength into another zone. The anaerobic training puts your metabolism into overdrive to burn fat for hours after the workout. (Fit Pass required)

ADDITIONAL CLASSES

ALL CLASSES INCLUDE ABDOMINAL WORK AND STRETCHING UNLESS OTHERWISE NOTED.

BODY BOOST: Invigorating free style low impact total body work out. Emphasis is on cardio, core, balance, strength, and stretch using balls, bands, and weights, for most fitness levels, with intensity options being offered. Energize- give yourself a Boost. Shoes required.

BODY SCULPTING: The ultimate in shaping, toning and defining the muscles using free weights, bands, resist-a-balls, medicine balls and more!

BOOTCAMP: This is a high-intensity class for both athletes and non-athletes looking to increase speed, coordination, balance, and strength. Drills will be functional so as to incorporate the body as a whole. Few pieces of equipment are used. Taught by certified personal trainers for ages 14 and up. **A punch card pass is available to non-members.**

CORE FUSION: Work your abs & back through functional & balance training using the bosu. This class will focus on your entire core area to strengthen & stabilize your whole body.

FREESTYLE STEP: A 60 minute workout on the step with fun and exciting combinations and a "go for it" attitude. All step classes are at an intermediate and advanced level unless otherwise specified.

WERQ: A fun dance fitness class based on pop, rock and hip hop music.

ZUMBA: A fusion of Latin, international music and easy to follow dance movements. The class combines fast and slow latin rhythms, allowing participants to achieve a unique blend of cardio and muscle-toning benefits while adding some fun to their workout!

ZUMBA GOLD: The same fun latin rhythms and dances just at a slower pace and easier combinations.

Instructors scheduled subject to change at any time. Express classes are 45 minutes instead of an hour.

Please advise class instructor of any health conditions. Age requirement, 14 and older for all classes

Classes may be removed from schedule if participation becomes too low.