

**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.

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

**Yin Yoga** - An introspective practice that offers a chance to turn inward and nurture the calm, quiet center that is innate in all of us. It is a practice in stillness, patience, and non-reactivity. Expect passive postures, mainly on the floor with longer holds, up to 3-5 minutes per pose. Yoga experience recommended.

**Slow Flow Yoga** - A slower paced vinyasa flow class linking body and breath allowing time to go deeper and enjoy the postures

**Yoga** - Align and strengthen to promote flexibility in the body. Expect seated and standing poses, 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 Foundations** - Learn the foundations of yoga to experience its transformational effects. Explore sun salutations, basic poses, body alignment and breathing while developing strength, flexibility, and balance. This class is designed for beginning students, yet experienced students may attend to reinforce the basics.

**Yoga for Back Care** - Learn how to take care of your back to maintain a healthy spine by strengthening your core muscles, relaxing your nervous system and gaining flexibility around the pelvis. Focus on areas of your body which tighten, lose mobility, and ache due to dysfunctions caused by our modern lifestyle. Note: this class is not intended to diagnose or treat back pain. All participants must move from standing to seated without assistance. Bring a mat and water. All other props are provided.

**REGISTRATION IS OPEN 2 WEEKS BEFORE CLASS START. Yoga for Back Care 1 and instructor approval is a prerequisite for Yoga for Back Care 2. \$**

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

**Roll to Release** - Use foam rollers and balls to release trigger points in the body. Rolling increases in circulation, improves flexibility, mobility and performance. Expect some discomfort while rolling; notice improved function after. \$

**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.

**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.

#### **Hot Yoga Studio Classes**

**(Hot-heated to 90-95)**

**HOT Flow Yoga** - 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** - An introspective practice that offers a chance to turn inward and nurture the calm, quiet center that is innate in all of us. It is a practice in stillness, patience, and non-reactivity. Expect passive postures, mainly on the floor with longer holds, up to 3-5 minutes per pose. The heated room complements the Yin poses, loosening the muscles and promoting the release of the deep tissues. Yoga experience recommended. (\$)

**HOT Sculpt** - The ultimate in shaping, toning and defining the muscles using small weights, bands resist-a-balls and more! Expect to sweat. (\$)

**HOT Slow Flow Yoga** - A slower paced, all levels, hot vinyasa flow class. Allow time to go deeper, reflect and enjoy the postures. (\$)

**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. (\$)

**HOT Zen Strong** - A unique mix of yoga and strength in a heated room that is challenging yet rejuvenating. Develop healthy breathing, flexibility, and mental focus. Burn extra calories while protecting your muscles and joints. (\$)

## **Pilates**

**EveryBODY Pilates** A Pilates inspired movement class using a folding chair as a prop. Movement is based on the Pilates principles making exercises more accessible to people who have balance and stability challenges. Since Pilates exercises enhance core conditioning and provide other strengthening and stretching benefits, the folding chair variations are helpful for older adults who want to improve posture and stability and to prevent aches and pains. No prerequisite to attend. Note: this class is not a substitute for Pilates Intro Series. To attend group equipment classes the intro series OR private lessons are required..

**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.

**BodyWeight Sculpt** - You don't need heavy weights to sculpt a toned body. Sculpt a lean body using your own bodyweight, bands, gliders and balls. Leave your shoes outside the studios. Bring a Mat.

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

**Fit Pilates** - Move, stretch, kick, plank and twist. This class will give an all-over body workout while stabilizing your Powerhouse. Pilates exercises are practiced to enhance balance, improve posture and overall strength. Weights, bands, balls and barre are may be used. All fitness levels are welcome.

**Pilates Mat** - Classical Pilates mat sequence that incorporates the Pilates principles of concentration, control, centering, precision, breath and flowing movement. Participants will leave feeling stronger with more flexible muscles along with greater posture and increased energy.

**Pilates Reformer** - Basic and effective movements on the reformer. All levels. Pilates Intro series or private instruction required before attending. \$

**Pilates Reformer 2** - Intermediate/advanced level reformer class with quicker transitions. Pilates Intro series or private instruction required before attending.\$

**Pilates Tower** - Use the tower system on the cadillac and reformer which includes the roll down bar, push through bar, leg springs and arm springs. Benefit from the support and resistance of spring tension to better develop resilient, powerful muscles, strong, smooth, decompressed joints, and deep core strength. Limited to 4 participants. Additional Fee. Pilates experience required. \$

**Non Members Welcome!** Passes may be purchased at Harbor Wellness Studios. **\$ Pilates Reformer classes** are pre-register, pre-pay. 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.**