

## Aerobic/Fitness Class Description

### **POWER HOUR**

High-Intensity Interval Training (HIIT) class designed for all fitness levels provides a challenging yet inclusive environment where participants can improve their fitness, boost their energy levels, and enjoy the camaraderie of a group workout setting by challenging participants to push their limits in short bursts of intense exercise. It's an effective way to achieve fitness goals regardless of starting point, making it accessible and beneficial for everyone involved. The exercises consist of bodyweight, light dumbbell, and resistance band movements performed in short intervals at a high intensity pace. Modifications of more challenging sets are always provided and at any point you can slow things down to go at your own speed allowing all fitness levels to participate with confidence.

### **Seymour Muscle**

A group strength training class that offers a structured and effective way to achieve fitness goals while enjoying the motivational benefits of group exercise. It's suitable for participants of all fitness levels, with exercises tailored to challenge and progress each individual safely and effectively.

The movements are performed in intervals or circuits that are done at a slow and steady pace to emphasize form along with the mind to muscle connection. All fitness levels are encouraged to take this class as strength training

- **Strength and Muscle Development:** Participants build muscular strength and endurance, leading to improved overall fitness.
- **Bone Health:** Strength training helps maintain and improve bone density, especially important for older adults.
- **Metabolic Boost:** Building lean muscle mass increases metabolism, aiding in weight management.
- **Community and Motivation:** Working out in a group setting fosters camaraderie, support, and accountability among participants.

### **Vinyasa yoga**

A dynamic and flowing style of yoga that synchronizes breath with movement. It involves a series of poses, or asanas, that seamlessly transition from one to the next.

This practice builds strength, flexibility, and mindfulness, offering both physical and mental benefits. Suitable for all levels, Vinyasa yoga encourages a focus on the present moment, enhancing overall well-being.

### **Zumba**

Fuses Latin rhythms and easy-to-follow moves that work every muscle group.

Best way to stay motivated is to have FUN while participating.

JOIN US for a heart-pumping hour of dancing, get in 6-7K steps, sweat & smile with us.