

GROUP EXERCISE CLASS DESCRIPTION

- **30-20-10*** – 30 minutes of spinning, 20 minutes of Pilates exercises and 10 minutes of yoga stretches.
- **Active Aging** – This brain/body class focuses on strength, flexibility, coordination, joint mobility, reflexes and balance. Props may include chairs, resistance bands, light weights and tennis balls. All levels
- **Active Yoga** – Class includes a series of sun salutes, stamina and strength building poses and breathwork. This class is intended to help you maintain wellness, improve your physical condition and cultivate a calm, clear and peaceful mind. All levels welcomed.
- **A.I. (Active Isolated) Stretch** – Developed by Kinesiologist Aaron Mattes, this evolutionary flexibility work is based on sound neurological principles. Use opposing muscle groups to stretch and increase range of motion while decreasing the likelihood of soreness and preventing injury.
- **Aqua Fit/Aqua Aerobics** – This vigorous and refreshing class combines movements in deep and shallow water for strength, toning and cardiovascular training, using the natural buoyancy and resistance of water.
- **Aqua H.I.I.T.** – Take your aqua aerobics class to the next level! This class is designed with high-intensity intervals followed by a lower intensity interval rest period. A great training method to increase metabolism and help break through your training plateau.
- **Barre Workout** – A fun, effective whole body workout utilizing the Ballet Barres and mat work that increases strength, balance, endurance and improves body alignment. **Ballet Basics:** This class will provide a basic ballet bar workout for strength, muscle conditioning, stretching and ease with prop alignment technique. No ballet experience is required.
- **Bolly-X Dance Fitness** - A Bollywood-inspired dance-fitness program that combines exhilarating choreography and intensive workouts with upbeat music from around the world. The 50-minute cardio workout cycles between higher- and lower-intensity dance sequences to deliver a total body workout
- **B3!** A challenging yet multi-level class featuring a blend of BOSU, Ball, Barre Conditioning exercises integrating strength and toning, balance, core work, flexibility and FUN!
- **Cardio Power Blast!** – Come try this 45-minute total body conditioning class incorporating a variety of cardio, strength, core work and more!
- **Chair Yoga/Sit & Be Fit** – A supportive practice that adapts many yoga poses and conditioning exercises to be done in chairs. A wonderful option for those who have difficulty with standing poses or getting up and down from the floor.
- **Core Flow Fitness™** – A blend of Ballet, Pilates and Yoga techniques, this class focuses on core conditioning concepts as they are applied to moving through space in class as well as in our daily lives.
- **Cycle & Strength** – A whole body workout combining 25-30 minutes of indoor cycling followed by 20-25 minutes in our Group Exercise Studio for agility, strength training, core work and flexibility.
- **Embodied Healing** (formerly called “Healing Yoga”) – Discover your body as a gateway for holistic wellbeing. This gentle movement practice is designed to support your physical, mental and emotional health. Focus on stretching and strengthening your and expanding your consciousness. Open to all levels of experience and accessible to people working with chronic pain, physical injury and emotional trauma.
- **FitBall Challenge*** – A fun and challenging total body workout infusing fitballs, squishy balls, barre training and weights. Improve posture, balance, and core strength. Excellent cross training for any athletic endeavor.
- **H.I.I.T. Cycling** – High-intensity interval training will focus on interval training, alternating periods of short intense anaerobic exercise with less-intense recovery periods. Take your ride to a new level and improve your cardiovascular endurance. Intermediate and advanced levels.
- **In-Cycling*** – Strengthen your cardiovascular capacity and burn maximum with this fun and challenging workout on specially designed stationary bikes. Class combines high-intensity sprints and uphill climbs...guaranteed to raise your heart rate!
- **Long Ride*** – Pump up your stamina by taking this 80-minute class that will bring your regular ride to the next level.
- **NIA®** – A sensory-based movement practice that draws from dance, martial arts and the healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Classes are taken barefoot to soul-stirring music. Nia® classes teach people how to work out without pain and enjoy the process of getting fit with movement.
- **Pilates & Yoga Combo** – A combination of Yoga Asana and Pilates mat exercises utilizing different props such as rings, balls and bands, for a complete workout incorporating strength, flexibility and balance.
- **Pilates Fusion/Pilates + Stretch** – A full body workout integrating the principles of Pilates mat work, standing strength, alignment & balance exercises, as well as flexibility and fluid movement.
- **Pilates on the Ball*** – Pilates exercises using the core strengthening possibilities of the stability ball. Class size limited to number of balls available.
- **Restorative Body Conditioning** – This comprehensive class includes a cardio segment as well as, posture, body strength conditioning with restorative props, weights, and relaxation.
- **Restorative Yoga*** – This class includes longer held postures, supported by yoga props, which give the nervous system a chance to relax from the frenzied pace of urban life. Practice letting go, focusing inward, and stilling our minds. Often the last 20 minutes of class are devoted to the practice of yoga nidra, a guided relaxation in extended savasana to achieve profound levels of physical, mental, and emotional relaxation.
- **Tai Chi/Qi Gong Wellness** – In this class we will be covering the movements and techniques found in the Ancient Chinese wellness practices of Tai Chi and Qi Gong. Utilizing the 3 Treasures of body, breath and mind, we will explore movements and postures, cultivate deep powerful breath and life force circulation, and develop a focused, potent, yet relaxed mind
- **T.B.C. /T.B.C. Express!** – An efficient and challenging class for those who want a complete workout in a shorter amount of time. Sculpt lean muscles, strengthen your core, and improve balance and your cardiovascular health.
- **T.B.C. Bootcamp** – This is the ultimate full-body challenge focusing on strength and conditioning to enhance performance & metabolism! *Friday morning class will involve alternating cardio, strength, core and high-intensity interval training.
- **Video Cycle*** – Get your spin workout while watching your favorite music videos. Work at your own pace. Guaranteed to raise your heart rate and make you smile!
- **Vinyasa Yoga** – A flow-based class focusing on integrating breathing and Yoga postures in carefully balanced sequences. **Vinyasa for Strength:** An innovative, vigorous and challenging class combining yoga asana sequences infused with core strengthening and strength work. This class aims to address the relationship between intensity and self-awareness for each student regardless of their level of experience.
- **World Rhythms** – A joyful workout featuring music and movement from all over the world. Open to all levels and you are welcome to dance barefoot!
- **Yin Yoga** – This class combines meditative practices of Yin Yoga and Restorative Yoga to offer an experience of ease, calm and presence and an experience of powerful inner stillness in the body. Poses are held 3-5 minutes targeting the body’s connective tissues, joint connections promoting healing and fluidity to those areas and providing stimulation and nourishment to our organ systems.
- **Yoga Asana Study** – In each class, we warm up in order to work toward the full expression of a chosen pose (Asana). Emphasis is on breath-supported movement, alignment and connectivity in the body. Each class builds on the last, so regular attendance is encouraged. Each class with finish with at least 10 minutes of deep relaxation.
- **Yoga Basics** – Class geared toward a basic yoga practice beginning with gentle warm-up stretches and an emphasis on alignment, balance, breath and strength.
- **ZUMBA®** – A Latin inspired cardio-based program combining international music and dance steps that is open to all levels. Designed for everyone, every shape and age. Bring low tread athletic shoes or dance sneakers.

*T.B.C, Pilates on the Ball, Barre & In-Cycling classes require advanced reservations by calling 510.549.8517 starting at 8:00am the day prior. As a courtesy to other members and guests, please see the following top reminders (a full list of class etiquette is placed outside each studio):

❖ **Please arrive 5 minutes before class** for your safety and consideration to other students. ****Yoga classes will not accept late arrivals.**

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❖ **New students:** Inform the instructor of any injuries or if you need assistance with equipment. Always bring a bottle of water to class and remember to drink water before and after exercising. Check front of the schedule to find out the class level that is most suitable for you.