

Class Descriptions

Vinyasa Yoga – In this class, you will practice various postures by linking breath and movement together to create a flowing sequence of *asanas* with fluid transitions.

Slow Flow Yoga – The more gentle nature of this class is great for beginners, but is also wonderful for intermediate and advanced students who want to slow it down and sink deeper into their practice.

Full Body Blast – Conducted in a circuit training format. Builds muscle and cardio fitness while slimming down and strengthening the core.

Athletic Flow – This class combines High Intensity Interval Training (HIIT) with yoga. Using your own body weight, you improve strength, flexibility, balance and cardiovascular endurance.

Power Walking – Get outside! This 1-hour fast tempo walk covers approximately 3 miles and includes exercise stops, which burns fat, increases muscle tone, builds bone strength and reduces stress.

Spin-N-Flex – An intense indoor cycling workout using various cycling techniques from hill climbing to sprinting followed by a short session of flexibility exercises. It is a great way to work on cardio, strength and flexibility at once.

Core & More – Walk taller, feel stronger! This challenging class works to tone and condition all major muscles of the torso with the aim of increasing spinal stability, which is essential for posture and health.

Outdoor Fitness Group – Look around you: the world is your gym. Let's meet at noon on Sundays, rain or shine, and explore local trails while running, biking or snowshoeing.

Ski Conditioning – The combination of exercises in this functional ski routine will not only build strength, but will also improve your anaerobic threshold, balance and coordination. We will prepare you for a stronger, healthier and more confident ski season.

Fitness Assessments (Wednesday mornings and Sundays afternoons) – Are you looking to evaluate your current health and physical fitness level? This 30-minute one-on-one assessment establishes a personal benchmark for cardiovascular fitness, muscular strength, flexibility and body composition. Our Fitness Specialist will help you design a program that allows you to reach your health and fitness goals. It is recommended to periodically complete a Fitness Assessment to adjust goals and keep you on track. Sign up for appointments at the front desk.