

Fall 2021 - Fitness/Yoga & Line Dancing - Program Descriptions

All Levels Yoga

A well-rounded practice to leave you feeling calm and ready to take on the rest of your day. Different options are given for poses to allow beginner and intermediate participants to challenge their own practices. All levels welcome.

This is a great class for beginners!

Room: Dance Studio/Multipurpose Room

Equipment Required: Comfortable clothing, water bottle & yoga mat.

Instructor: Laurel Schut

Barre Fitness (Pronounced 'bar')

Barre is a unique, high-energy class that fuses legendary fitness techniques from Pilates, dance, yoga and athletic intervals. Using body-weight exercises, hand weights, and exercise balls, you will strengthen your entire body using isometric (small) muscle movements while creating balance, body awareness, flexibility and cardiovascular endurance. No previous experience is necessary – open to all fitness levels!

Room: Dance Studio/Multipurpose Room

Equipment Required: Comfortable clothing, water bottle & yoga mat.

Instructor: Laurel Schut

Gentle Flow Yoga

Join in on a practice that will leave you feeling refreshed and rejuvenated. This practice is great for beginners or those returning to fitness. All levels are welcome.

Room: Dance Studio/Multipurpose Room

Equipment Required: Comfortable clothing, water bottle & yoga mat.

Instructor: Krista Snook

Kettlebell

In this 45 minute class, you will use kettlebells, bodyweight movements, and other equipment to perform whole-body movements that combine cardiovascular, strength, and flexibility training all in one workout. Many of the basic kettlebell movements are designed to work the entire body at once, and provides joint stability *and* mobility, as well as muscular strength *and* length. In

fact, it is often prescribed by physiotherapists as part of physical therapy programs. Under the guidance of an experienced trainer, all movements can be easily modified so that the exercises can be completed safely and effectively.

Room: Dance Studio/Multipurpose Room

Equipment Required: Comfortable clothing, water bottle & yoga mat.

Instructor: Laurel Schut

Line Dancing

This fun-filled class is a unique way to amp up your fitness routine while having fun and learning a new dance style !

Room: Dance Studio

Equipment Required: Comfortable clothing - some participants choose to wear dancing shoes/boots but they are not required for the program.

Instructor: Debbie Arnold

Spin

Spin (indoor cycling) is a low-impact but high energy class that will challenge your aerobic capacity and endurance and will build muscle with a variety of flats, hills and sprints. Classes feature a variety of music and sequences so you'll never get bored. It's *your* workout and you're in control of how much tension is on your bike, so you can always work harder and back off when you need to. Make sure to bring along a water bottle and a pair of running shoes, and it's not a bad idea to bring along a small towel as well - you're going to get sweaty! *Please note: if you are trying spin for the first time, please arrive 5 minutes early so the instructor can help you get set up on your bike.*

Room: Dance Studio/Multipurpose Room

Equipment Required: Comfortable clothing, sneakers, water bottle & small towel

Instructor: Laurel Schut

Strength & Length

In this 45 minute class, you will use bodyweight movements, stability balls, resistance bands and other equipment to increase both strength and flexibility. This low-impact class is a perfect fit for older adults as well as those who are looking to focus on proper form. Options and modifications will be offered along the way so that the exercises can be completed safely and effectively for all levels.

Room: Dance Studio/Multipurpose Room

Equipment Required: Comfortable clothing, water bottle & yoga mat.

Instructor: Laurel Schut

Supported Chair Yoga

Enjoy a slow & steady yoga class that includes a practice taking you through a series of yoga postures that allow for a deeper stretch, limited poses and time within each pose to perfect your asana (posture). Chairs and other props are available for extra support.

Room: Dance Studio/Multipurpose Room

Equipment Required: Comfortable clothing, water bottle & yoga mat.

Instructor: Krista Snook

Total Body Circuit

Improve your strength and cardiovascular endurance at the same time in this all-levels bootcamp class! This class is all about fun and camaraderie -- it's not about some drill sergeant yelling at you. Expect to get a bit of everything: weights, resistance bands, exercise balls, and bodyweight movements -- no workout will be the same, so you'll never get bored! This is an all-levels workout, so lots of options will be offered to make it easier or more challenging.

Room: Dance Studio/Multipurpose Room

Equipment Required: Comfortable clothing, water bottle & yoga mat.

Instructor: Laurel Schut

Yin Yoga

Yin yoga is a slow paced yoga practice done completely on the mat. There is no flow in Yin. Yin poses are held anywhere from 3-5 minutes for the sole purpose of stretching connective tissue, ligaments, muscles and fascia. Yin yoga is meant to strengthen and stretch the body to improve flexibility and range of motion in joints. All levels welcome.

Room: Dance Studio/Multipurpose Room

Equipment Required: Comfortable clothing, water bottle & yoga mat.

Instructor: Winston Gillis

Zumba Gold

Zumba gold is the low impact version of a regular Zumba class. Great for anyone who wants the fun atmosphere and dance without the jumping. The slower pace

allows for focus on muscle toning, learning of the steps of the different rhythms and some balance work.

Room: Dance Studio/Multipurpose Room

Equipment Required: Comfortable clothing & water bottle

Instructor: Jeannie Ward

Zumba

Zumba is a dance-based fitness with a party atmosphere that uses world rhythms to really get you moving along to the easy to follow choreography. Come and try out this effective full-body dance workout!

Room: Dance Studio/Multipurpose Room

Equipment Required: Comfortable clothing & water bottle

Instructor: Jeannie Ward