SPRING 2015 GFIT DESCRIPTIONS:

CYCLING

CYCLE 45/60: Experience 45 or 60 minutes on an indoor cycling adventure through hills, open roads, races and oh, watch out for the mud! This challenge class is open for all levels. Be sure to bring your towel and water bottle!

CYCLE CORE: A combination of cardiovascular work on the cycling bike combined with core and strength work

FUSION - CYCLE, CARDIO, STRENGTH: You’ll get a complete workout with this class that will have various kinds of cardio, cycling and strength/toning in the one hour. Be prepared to move!

MIND/BODY

ENERGIZE YOGA: Join Emma for an all-levels yoga class designed to energize your morning. We’ll strengthen as well as stretch, so be prepared to sweat!

HATHA YOGA: This multi-level class guides participants through sequences of standing and seated postures to promote physical strength, flexibility, and peace of mind. Whether you are completely new to yoga or an experienced practitioner, this Hatha Yoga class creates an environment where participants explore their own bodies and physical limitations free from judgment and the chatter of everyday life. Styles vary by instructor. The M/W noon class is sponsored by Healthy Horizons.

PILATES - ALL LEVELS: This class is based on the traditional teachings of Joseph Pilates. It encompasses strength, core training and stability along with focused breathing techniques; a great compliment to traditional cardio and strength work.

PILATES PROGRESSIONS: This is an all-levels Pilates mat class which uses progression exercise sequences to both allow participants to work at their personal difficulty level and challenge themselves in each exercise. Beginning with a basic exercise, the instructor will then build on each exercise to increase difficulty and intensity. With a focus on strengthening and elongating the muscles, Pilates Progressions utilizes both classical Pilates exercises and more modern fusion exercises. Occasionally exercises will also incorporate the barre.

PIYO: “PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined." (beachbody.com)

STRESS RELEASE YOGA: This class offers basic Hatha postures and breathing techniques for reducing stress, increasing flexibility, and improving circulation and nerve functions. Comfort is the key through using non-aggressive movements. Appropriate for anyone from beginners to those with yoga experience!

ACTIVE CARDIOVASCULAR, STRENGTH OR A COMBINATION

BOOT CAMP: A variety of exercises that work all major muscles groups by challenging the cardiovascular, agility, power and strength systems of the body. Bring water.

CORE 30/45: Tone the hips, glutes, abs and back in a condensed 30 or 45 minute class. All levels of fitness welcome.

HIIT: Bouts of high intensity and lower intensity will take you through this class that will include cardio and strength work. Your body will burn energy at the higher level as you continue to move during the lighter intensity portions so you get an intense workout in a reduced time.

INSANITY PLUS: “Certified Insanity instructors will push you Shaun T style past your limits to get the leanest, hardest body you’ve ever had with workouts packed with plyometric drills and relentless intervals of strength, power, and resistance moves.” Prior exercise experience recommended. (Insanity Plus may also include some HIIT and Boot Camp class variations based on the instructor’s choice.)

TABATA 40: Tabata, developed in Japan, is a high intensity interval workout that incorporates the whole body including mental endurance, strength and cardio with bouts of high intensity followed by a quick rest to get a very efficient workout. 40=40 minutes.

STRENGTH AND CARDIO: This class combines strengthening and toning moves for all major muscles groups and bursts of various cardio activities.

ZUMBA: Latin dance inspired cardio – your feet won’t stop moving for this class full of Latin, hip-hop and cardio dance moves. Come join the party! Express = 30 or 45 minutes.