**VICTUAL FITNESS CLASS DESCRIPTIONS**

**BARRE** A hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Focusing on high repetitions of small range movements, this class will strengthen and tone the full body with and without light pound weights. Optional Equipment: Light pound dumbbells (or water bottles), Mat.

**BODYCOMBAT** A high-energy martial arts-inspired workout that is non-contact. Punch and kick your way to fitness and burn hundreds of calories in a class. No experience needed. No equipment necessary. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Optional Equipment: Mat.

**BODYWEIGHT BOOTCAMP** A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed, and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. Optional Equipment: mat.

**CARDIO STRENGTH** Increase your cardio endurance by increasing and lowering your heart rate with and without extra resistance. Not only will you work your heart, but you will also get your muscles burning to build strength! Optional Equipment: dumbbells/ body bar/ resistance bands/ or household items, Mat. Please note equipment may vary per workout.

**MORNING MEDITATION** Start your mornings by getting focused and centered through meditation. Learn new techniques and expand your emotional agility through any of these 15 minute meditation sessions. On Fridays, expect to experiment and expand your meditation horizons by participating in a session that feature singing bowls, guided meditations, mantras, or chanting.

**PILATES TONE** A strengthening and lengthening form of exercise that focuses on movements that emphasize building strong abdominals and lower back to enhance strength, muscular symmetry, alignment, flexibility, grace and coordination. Optional Equipment: mat, light weight dumbbells 1-3lbs (or water bottles/soup cans)

**STRETCH & MOBILITY** A class is ideal for anyone looking to improve their posture, proper body alignment, better movement, and flexibility. That means it helps your body moves in a way that is smart, efficient, and with less risk of injury. Optional Equipment: mat

**WORKPLACE WIND-DOWN** de-stress and unwind after the workday on Tuesdays and Thursdays through meditation. Practice mindfulness to train attention and awareness and achieve a mentally clear and emotionally calm and stable state through any of these 15-minute sessions.

**YOGA BREAK** Reset your mind and body in less than 30 minutes with a sequence that features rejuvenating side bends, heart-openers, and twists. Focus on connecting the breath to movement as you build strength and stability in the lower body, upper body, and core. Equipment: mat and blocks.

**YOGA** Connect the breath to movement as you flow through multiple postures to lengthen and strengthen the muscles of the body. Optional Equipment: mat and blocks.
ZUMBA A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – to help improve cardiovascular fitness. For future viewing purposes, instructors will be recording all classes. No equipment necessary.

ZUMBA TONING When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. Optional Equipment: 1-2.5lb dumbbells (or 2 full 16 oz. water bottles or soup cans)