

2020 Class Descriptions

Yoga

A series of movements designed to enhance ones strength, flexibility and balance, as well as mindful breathing techniques and conscious relaxation to achieve calmness, clarity, and a sense of well-being. This is an accessible entry-level practice yet an excellent complement to active yoga practices.

Vinyasa Yoga

Vinyasa means breath synchronized movements. Movements are smooth, flowing, and physically exhilarating - helping you improve energy flow throughout your body. Because of life's stressors, this is the perfect class to release that blockage of energy you may be holding on to.

Yoga Belly

This class blends the precision of pilates with the flow and extension of yoga. Core flow has a strong emphasis on strength and stability using the core muscles. A strong core is one of the golden tickets to alleviating pain and preventing injuries. All levels welcome.

Gentle Yoga

Gentle yoga or Hatha yoga refers to a set of physical exercises (known as asana or postures), and sequence of asana, designed to align your skin, muscles, and bones. The postures are also designed to open the many channels of the body—especially the main channel, the spine—so that energy can flow freely. Traditional Hatha yoga is a holistic path that includes disciplines, physical postures (asana), purification procedures, breathing (pranayama), and meditation.

Pilates

Pilates is a form of exercise, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movements.

Golf Yoga

In order to reach the mental and physical peak of your golf game or any athletic activity, you need the instrument of your mind and body to be well tuned. Golf Yoga is ultimately about developing a deeper connection between your brain and your muscles using yoga breathing (pranayama) and poses (asana) to improve your performance on the golf course.

Stretch & Tone

This low-intensity class improves your flexibility plus shapes and tones your muscles. The movements are performed primarily on a mat on the floor, at times using lightweight dumbbells and a stability ball.

Flow Yoga

The smooth way that the poses run together, is one of the most popular contemporary styles of yoga. It's a broad classification that encompasses many different types of yoga, including Ashtanga and power yoga.

Yogalates

An athletic blend of Pilates, Yoga and so much more! It includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels of participants. Get the best of Yoga and Pilates in one class. Obtain the benefits of the two disciplines with this perfect workout that could help you get the body you've always wanted. Achieve strength, relaxation, and muscle definition using the Yogalates meditation technique.

PiYo

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that will be a great start to your day ahead.

Tai Chi

Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Sculpt

A barbell class that focuses on strengthening all major muscle groups in the body. Working to music in a fun and challenging environment. This class will help you create strength and help learn perfect form and technique to take your workouts to the next level. Modifications are shown for anyone who needs it.

Sports Balance

Balance is the ability to stay upright or stay in control of body movement, and coordination is the ability to move two or more body parts under control, smoothly and efficiently. There are two types of balance: static and dynamic. Living in Esplanade there is a variety of sports available to you: Pickleball, Tennis & Golf to name a few. This class feature static and dynamic balance to help improve your game. We all need balance in everyday life and what better way to improve your sports than with this new class.

Combat Abs

Utilizing free weights and specific feel-the-burn ab exercises you will empower your whole body with this upbeat, fat burning, and energizing class.

Sit & Train

A combination of standing and seated exercises, this class utilizes both body weight and free weights to assist in stretching and core work, perfect for all ages and fitness levels.

Latin Fusion

This class mixes body sculpting movements with dance steps derived from cumbia, merengue, salsa, reggae ton, hip hop, mambo, rumba, calypso, and salsaton. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart.

Kick It!

Kick it! Is a one hour cardio conditioning class using kickboxing- based drills, kicks and punches that target and improve your range of motion, flexibility, balance, core strength, and overall body toning

Circuit Breaker

A dynamic class set up in a circuit training style. As you move from station to station, this class will provide you with a balanced mixture of cardio and weight resistance while targeting all of the major muscle groups. This is a great total body workout.

Tabata

A popular form of interval training consisting of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval. It takes four minutes to complete one round of a Tabata circuit, and those four minutes will push your body to its absolute limit. If you aren't exhausted after a 4 minute round, you didn't go hard enough!

Wake Up Cardio

A 30 minute high energy workout for all fitness levels. No equipment is needed. A short warm up followed by a workout that will build stamina, improve coordination and burn calories. Get ready for this fun and fast workout!

Step and Strength

An athletic, simple-to-follow step workout that uses a block format. We will combine cardio on the step and resistance exercises using weights or resistance bands. It truly is a total body workout! We will finish with core and good stretch.

Cardio Plus

A Crossfit-Workout-of-the-Day inspired class consisting of a group strength warm-up followed by a timed individual conditioning segment involving both strength and cardio. The class will utilize a wide variety of functional movements for total body conditioning. Workouts can be designed to each individual's fitness level and are varied between participant's unique goals.

LA Blast

La Blast is a dance based fitness workout that incorporates elements from several types of dance. Including: •Cha Cha Cha •Disco •Jive •Lindy Hop •Merengue •Paso Doble •Quick Step •Salsa •Samba The program uniquely fuses fitness routines and movements into dance training.

Lower Body Blast

The Lower Body Blast Workout is designed to strengthen the glutes, hamstrings and quadriceps. This program combines a primary strength movement – the dead lift – with three drop sets of alternating lunges.

TRX Golf

Enhance your golf game with TRX, in this class we will work on establishing stability, increasing mobility, and improvement of coordination. The focus will be to work on exercises that will improve overall performance on the course.

Pure Strength

Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected.

Body Blast (Amenity Center)

This 60 Minute class will target your entire body with a combination of cardio and weight intervals. We will incorporate different types of resistance training with the use of weights, bands, or medicine balls. Class will end with core work and a good stretch. This class is good for all fitness levels.

TRX Circuit (Amenity Center)

A total body workout that focuses on strength and cardio. We use body weight as resistance and also include short bursts of cardio, a class perfect for all fitness levels. Class will include using TRX straps for strength, and a variety of equipment that will vary week to week to create new challenges.

TRX Balance (Amenity Center)

A 30 minute class focusing on balance and gentle strength. Using the TRX we will work on exercises that will improve overall strength and stability. The focus will be on isometric training to help build up endurance and balance, TRX training is a great way to improve balance as you are able to hold the handles for extra stability while doing exercises. This class is perfect for those looking to improve balance.

Group Power (Amenity Center)

A 60-minute resistance-training workout utilizing a 48-inch long workout bar ranging from 9-20 lbs. Group power will increase strength and tone, improve balance, flexibility and range of motion. Ideal for men and women that want to tone without adding muscle bulk.

Aqua Fusion (Amenity Center)

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, aqua fusion blends it all together into a safe, challenging, water-based workout that's cardio-conditioning and body-toning.

Liquid Cardio (Amenity Center)

Total body workout in the shallow water with a combination of cardio challenges including aqua sprints, punches, and kicks, training intervals, and choreographed moves.

Barre Above (Amenity Center)

This class is taught without a barre but still implements the elements of Ballet, Pilates, Dance, Strength Training, and Yoga that Barre workouts are known for. Utilizing the Barre Above® method, your muscles will burn and shake while you tone and sculpt to the beat of the music! All classes are complete with progressions so those new to barre feel successful their first time and seasoned Barre enthusiasts will always feel challenged.

Abilates (Amenity Center)

The functional exercises in this core-based class will lengthen and uniformly strengthen bodies. There will be an abdominal and a head-to-toe focus, this session will uplift, build and tone.

Stretch It Out (Amenity Center)

In this hour-long session, we will warm up muscles before gradual, slow stretches to improve range of motion. Prolonged stretching is said to increase the length of muscle fibers as well as connective tissue and aid nerves that reside in tissue. Aiming for overall suppleness, we'll stretch so moving and bending become easier! Up your game with stretches for shoulders, hamstring lengtheners, spinal twists and more to increase flexibility and reduce pain.