

## LHC CLASS DESCRIPTION

<p><b>SIMPLY STRETCH</b> - Who needs to stretch more?! If you sit at a computer, If you're a golfer or tennis player, a gardener or someone coming back to fitness from an injury, this class will give you the extra time to release tight hamstrings and calves while easing stiff shoulders, necks and low backs. A perfect complement to your fitness regime. Open to all levels of ability You will leave feeling great!</p>	<p><b>TRX SUSPENSION TRAINING</b> - works all muscle groups and especially the core. <b>All levels welcome.</b> By adjusting the straps and adjusting your body position on the floor you can easily make the exercise more challenging or not. Try our newest equipment addition!</p> <p><b>ZUMBA</b>- Move to the beat in this low impact cardio class . Challenge yourself and move your body to upbeat Latin music . Have FUN and work up a sweat!!! <b>For all levels.</b></p>
<p><b>YOGA*</b> – A strength &amp; flexibility workout that integrates the body &amp; mind. We focus on basic Yoga poses which follow the breathing. All levels are welcome to participate. Instructors will modify for <b>all fitness levels. BREATHE!</b></p>	<p><b>YOGA 4 BALANCE</b>— Physical balance starts from the toes on up; core strength is built by carefully moving the spine in four directions. Increase strength and flexibility in the foot &amp; ankle, and improve posture to decrease low back pain and weakness.</p>
<p><b>GENTLE YOGA*</b> – A low intensity class that caters to <b>beginners</b> and those who want to improve their flexibility. You will find this class to be a very relaxing experience. You do not have to be a pretzel to attend. <b>BREATHE &amp; RELAX! Great for reducing STRESS!!</b></p>	<p><b>STRENGTH</b> – Functional Training is achieved in this class. Your strength, balance, coordination, and flexibility will improve after experiencing this class. Core work is emphasized strongly as we make use of all our props. Try this challenging and FUN class!</p>
<p><b>PILATES MAT/FLEXIBILITY</b> These core conditioning classes are designed to strengthen deep abdominal muscles, while combining postural awareness, along with back work and flexibility training and balance work, using many different props. <b>For all levels.</b></p>	<p><b>INTERMEDIATE YOGA</b> -.A more challenging yoga class not intended for a beginner level student. Poses are more demanding and held longer with great emphasis on breathing and inner body awareness. This workout/class will help the student realize the benefits of one's inner strength! At least 1-2 years of Yoga Experience recommended.</p>
<p><b>CIRCUIT TRAINING</b> – This class combines the benefits of weight training and cardio training all in one class. It takes place in the Weight Room with a motivating instructor. One minute at each station .</p>	<p><b>YOGA-LATES</b> – This class is a little bit of Yoga and a little bit of Pilates, and gives you the best of both disciplines. Work on strength and alignment and breathing. Balance and flexibility work make this a challenging class for ALL levels</p>
<p><b>SPINNING (SPIN)</b> – A high-energy workout on our Spin bikes.. Everyone can pedal a bike. Space is limited; show up 5 minutes before the class is slated to begin.</p> <p><b>Spin/Pull and or Spin/Strength</b> combines the rope pull and upper body strength exercises for a full body workout as well as cardio.</p>	<p><b>RESTORATIVE YOGA:</b> We begin with an yoga warm-up (suitable for all levels) and then practice 5 or 6 gentle, longer-holding restorative poses using supportive props like blankets and bolsters, to help release tension and soreness in muscles and joints. We end with a relaxing visualization and meditation so that you leave feeling energized and refreshed.</p>