



HAYDEN PEAK Health & Wellness Center Class Descriptions

BARRE ABOVE: Techniques used from Pilates, Ballet, Calisthenics and Yoga. Improve balance, flexibility and cardiovascular endurance using the floor and Barre.

BODY AND SOUL: A sensual dance class that incorporates strength, body awareness, posture and balance techniques. Designed for all skill levels, you can make this class in intense cardio/strength workout, or just a way to raise the heart rate and loosen up the body.

CARDIO STEP: Prepare for a motivating higher paced step workout and receive that extra dash of heart pumping energy.

FOREVER FIT: A fun filled class that will offer options to challenge all ages and fitness levels. Includes cardio, strength training, balance, flexibility and standing abs. A variety of equipment is used and classes will vary in this active older adult class.

FOREVER FIT YOGA BLEND: This continuous movement will increase strength, balance and range of motion. This, shoe friendly, class does not include floor exercises. (no laying on the floor) A chair is available for balance, support, seated pose options and final relaxation. This class targets the sedentary, the active older adult and beginners.

HOT YOGA: A vigorous, challenging, calorie-burning form of yoga in a hot room (85 degrees), that continuously flows through a sequence of poses which are connected to the breath. A great class for developing strength, balance, flexibility and stamina.

KICKBOXING: BURN while you BUILD basic defense skills! We will focus on technique for this class with a little less cardio than 25/25/10 Kickboxing, and more time for pad/glove work. You can bring your own gloves Or use equipment provided. Perfect for beginners and experienced. Fun For All! **25/25/10 KICKBOXING:** BURN while you BUILD basic defense skills! 25-minutes Cardio Kickboxing with FUN combos, followed by 25-minutes paired up to alternate between BASIC pad holding and BASIC combos. Gloves OPTIONAL and provided or you can bring your own. Occasional LIGHT weights used. Final 10-minutes core and a well-deserved stretch.

ZUMBA: Get ready to party into shape! Zumba is an exhilarating easy-to-follow international dance inspired Calorie burning fitness class! No dance experience required.

PILATES: A mind body technique by using the breath, developing core stability, flexibility, and muscle ton without impacting joints.

RIP: RIP is a group weight training program designed to accommodate a wide range of fitness levels. The goal is to improve muscular strength and endurance to our participants with a safe and effective workout.

SPINNING: A cycling program led by certified instructors to music for everyone, any age, at every level of fitness. Come 10 minutes early to your very first class for bike setup and instruction. Bring water and a sweat towel.

STRONG CIRCUIT: A great cross-training boot-camp class. Working all the major muscles with our Strong equipment and adding some cardio to our circuit stations.

STRONG INTERVAL: A 50-minute class featuring blocks of 3 strong weight lifting intervals with a 1-minute cardio segment. Designed to attack all major muscles including the heart!

TRANSFORM: A fusion of core, glut, cardio and strength interval workouts. A class with sporadically chosen sports influenced movements. This class focuses on transforming to a better improved body.

U-JAM: An addictive dance fitness format that will make you move, sweat and smile. Expect funky, adrenaline based urban beats from around the world with easy-to-follow choreography. Everyone, everywhere can get their jam on in this class.

WARM & GENTLE YOGA: This class moves at a slower pace with emphasis on alignment, centering, balancing and breathing. Ideal class for beginning practitioners, older students, or those who prefer a more moderate Hatha form of yoga. (Room temp is 73 – 75 degrees)

YOGA: A centering exercise, warm-up stretches, classical YOGA postures (Hatha Yoga) with a stress management focus. Each class ends with a guided relaxation. (no heat, normal room temp)

YOGA LUNCH BREAK: A 50-minute class to release tension and stress, a slow flow style of yoga using breath to calm and focus the mind. Designed for all fitness levels. (normal room temperature)

All class participants must be signed up on the Pulse Access App and be present 5 minutes prior to class start time, or any other waiting participant may take your place.

FEES = Members: Free **Non-Members:** \$128 for sixteen punch card pass, or 1 class \$12.00

Contact your doctor before starting an exercise program in case of existing heart problems, pain, or other physical problems

For More Information; Contact Linda Yates, Group Fitness Director at 208.762.5777