



## Montecito & Santa Rosa Fitness Center's Group Exercise Class Descriptions

### **Aqua Fitness (Cardio/Balance, Cardio/Strength, Zumba)**

Join us for this popular class and enjoy the significant benefits of regular exercise. This Aqua Fitness class maximizes cardiovascular movements to improve fitness; including exercises to improve muscular strength and flexibility. During this class we'll use weights, noodles, and fun music to provide a refreshing workout, at various intensity levels.

### **BarreAbove**

An effective and empowering class that uses a ballet barre to sculpt the lower body. It will also incorporate a warm-up that encourages postural strength, an upper body portion using light weights and finishing with abdominal training. Bring a great attitude and be ready to have some fitness fun!

### **Beginner Yoga, Yoga, Yoga Balance & Strength**

This classes makes Yoga accessible to everyone. Never done Yoga before? Not very flexible? Need more balance and strength? No problem! In this classes, we gently increase range of motion, flexibility and balance, we practice "Lightness of being" enhancing the unison and balance of the body and mind.

### **Body Sculpt**

This strength-based class will integrate compound multi-jointed exercises as well as isolated exercises to strengthen, tone and firm the entire body.

### **Cardio & Strength**

This energetic low impact aerobics class combines cardiovascular and strength exercises designed to improve overall fitness. You'll get a healthy dose of cardio, strength and stretch moves that will lift your spirits and strengthen your heart, muscles and core.

### **Cardio Kickboxing**

The ultimate cardio challenge that is high energy and set to motivating music to enhance the fun factor, you will kick, punch, and even enhance balance feeling reenergized and revitalized.

### **Chair Yoga and Stretch**

Chair Yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. Chair Yoga is a great practice for everyone as it deepens flexibility and strengthens body awareness.

### **Gentle Yoga**

This asana practice binds together the two qualities of stability and ease with the intention to establish, regain, and maintain a normal level of health.

### **Guided Meditation**

Explore the opportunity to refine your awareness and gain mental clarity through breathing and guided visualization methods. Come to this class & learn about yourself and your responses to the limitations and achievements registered in the body by relaxing techniques that will leave you renewed, reenergized, and centered.

### **Mat Core Pilates**

This class is a fusion of core strength and Pilates foundation, this class will make you feel empowered and energized, and it will assist in realigning the body.

### **Mat Pilates**

Experience the joy of embodying Pilates & receiving deep awareness and practice to the Core and all the muscles that encompasses the power house-where all movement begins.

### **Mat Sculpt**

This class will take the light resistance of weights, core, focus breath of Pilates and the head to toe energy boosting and relaxation components of yoga and incorporate it all into one class. *All Levels.*

### **Reformer Pilates I-II**

This class will take you beyond the fundamentals class, it requires students to build on core awareness and strength, while integrating mind, body conditioning, breathing, balance, flow, function, spinal alignment and posture.

### **Reformer Pilates II**

This class is designed to assist you perform better at your favorite sport and/or activity, it will challenge your core, arms, legs, balance, stamina, and agility. We will integrate exercises on the reformer with other small pieces of equipment to maximize the workout. This is an intermediate level class intended for students with previous experience on the reformer.

### **Semi-Private Reformer Pilates**

Semi-private classes for 2 or 3 people are available upon request and previous booking. Check with the Montecito Fitness Front desk for more information

### **Silver Fit**

This class is designed for anyone in their "golden years" (but not limited to). Enjoy the best of the "old time" music while you move to the beat for some light standing and/or seated cardio, including focus on range of motion and balance. This class can be adjusted to fit any fitness level and will bring you "life applicable" mobility.

### **Tai chi Qi Gong (pronounced CHEE-gung) Level I, II, III**

This ancient Chinese practice combines slow, deliberate movements, meditation, and breathing exercises, this practice will aid in restoring your energy, improve balance, and overall well-being. Classes level II, and III will progress further upon class Level I

### **Total Body Strength**

Join Marlena for this challenging strength training class that will lead you through a variety of exercises with weights to strengthen and tone the entire body. Standing, sitting and floor work will provide you with a safe and fun class that combines muscles groups and leaves your entire body conditioned.

### **Total Body Tabata**

Tabata training is one of the hottest trends to build muscle and scorch body fat. Timed intervals will blast calories and the Tabata drills will give room for active recovery.

### **Yang Vinyasa Yoga**

This is a dynamic, fun class in the style of Vinyasa Flow. In this class we move with our breath as we increase and develop our strength, flexibility, and balance. Come challenge yourself in an encouraging, supportive atmosphere. Beginners are welcome!

### **Zumba**

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating.

### **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. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

## **Free Classes**

### **Core & Stretch**

In this Dynamic (movement) based stretch class your body will stretch into optimal alignment with a combination of corrective stretches, mobility exercises, core strengthening, & breathing techniques.

### **Progressive Movement**

Learn how to properly execute fundamental movements and how to safely progress onto the next level with proper technique and body movement.

### **Thera-Band**

**Instructor: Dr. Eric – Chiropractor**

Join Dr. Eric for this motivational, seated Thera-Band class which includes strength & stretching exercises, with health topics and a humorous end to class. Please make sure to wear tennis shoes.

### **Total Body Endurance & Strength**

Experience a complete workout that will invigorate you from head to toe, you will leave feeling stronger and re-energized.

### **Stretch**

This class will combine the fundamentals of static and gentle stretch.

***Classes in the Aerobic Studio fill up fast. Please arrive early to ensure your spot. Turn cell phones off or on silent mode. Late entry (five minutes after class starts) is not allowed for safety purposes and Proper Gym Etiquette.***