



# Sailfish Point

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## Class Descriptions

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### **Barrel Stretch**

Diana will show you how to help release tight hip flexors and stretch the lower body using the ladder barrel. These muscle groups tend to be tight and in need of improved flexibility.

### **Body Pump**

The classes are performed to music using free weight-plates, barbells and an aerobic step. Participants choose their weights based on the exercise and their personal goals. Major muscle groups are worked via series of compound and isolation-based exercises including squats, presses, and dead lifts. The focus is towards muscle endurance using several repetitions.

### **Circuit**

Circuit training is a fast-paced class in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise. Everyone begins at a station and when the instructor yells "Time!" everyone moves to the next station. Some classes alternate on aerobic activity (like stepping or stationary cycling) with a muscle-strengthening activity (like using weight machines). Others focus exclusively on muscle toning or aerobic exercise.

### **Conditioning**

A head to toe strength and toning workout achieved through high repetition, non-cardio exercises that incorporate using body bars, barbells, dumbbells, etc.

### **Dance Aerobics**

This energetic dance class is comprised of choreographed routines producing a fun, full-body workout. Come join in on this popular class and use your large muscle groups in rhythmic nature.

## **Egoscue/Body Balance**

At Egoscue we do posture therapy. A proven method that gets to the root of your chronic pain by returning your body to proper alignment, function and balance. Dianne, our trained Egoscue therapist work with you to develop a series of gentle corrective exercises that will not only alleviate your pain, but prevent future pain and injuries.

## **Express Yoga**

A quicker paced class for all levels. Modifications are instructed, just like in our Vinyasa Flow Class, but this class is designed to get you in and out and back to your daily activities with a clear mind and a strong body.

## **Fit 4 Life**

Just think about the number FOUR. The 4 stands for BALANCE / MOBILITY / STABILITY / FUNCTION. Welcome to Human Movement.

## **FOD**

Fitness on Demand is a virtual group fitness solution that provides Fitness classes from a touch screen kiosk.

## **Kickboxing**

If you're looking to reduce stress and improve coordination, this will do just that. Other benefits include a Boost in energy and confidence.

## **Pilates Circuit**

Pilates Circuit classes utilize reformers, chairs, jump board and ladder barrels to boost your cardiovascular endurance and challenge your overall strength.

## **Pilates–Open Level**

Pilates improves flexibility, builds strength, and develops control and endurance in the whole body. It puts emphasis on alignment, breathing, and developing a strong powerhouse. It also improves coordination and balance.

## **Spin**

Indoor cycling is a group exercise class performed on stationary bikes. During the class, the instructor simulates hill-climbing, sprints, and races. It is truly a fantastic cardiovascular workout. You will be kept motivated by the instructor, the people around you, and the music. Get prepared for a great workout! Water and towels are a must!

## **Tai Chi**

Tai Chi is often described as “meditation in motion.” In this low-impact, slow-motion exercise, you go without pausing through a series of motions. As you move, you breathe deeply and naturally, focusing your attention.

## **TRX Circuit**

The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You are in control of how much you want to challenge yourself on each exercise – because you can simply adjust your body position to add or decrease resistance. Delivers a fast, effective total-body workout and increases muscular endurance and flexibility.

## **Vinyasa Yoga**

In Vinyasa Yoga, postures flow smoothly together, linked by breath. This class brings a unique expression to the integration of alignment, intuition, strength and fluidity.

## **Water Blast**

This high energy class, along with basic aquatic toning exercises, puts the water resistance to work for you giving you a high cardiovascular workout. It targets all aspects of physical fitness through movement in the water. Once a week there will be a deep water workout. All ages and fitness levels welcome. 55 minute class.

## **Yin Yoga**

Take time to slow down and bring balance to your overall practice. Yin Yoga is a relaxed, supported form of yoga that allows you to fully immerse yourself in poses which are held longer and felt more deeply within the body. Yin is the perfect complement to a Vinyasa-based practice and/or an active and lifestyle. No yoga experience necessary.