

## Class Descriptions

**Full Circuit - "Full"** - not lacking or omitting anything; complete. Synonyms: comprehensive, thorough, exhaustive, all-inclusive, in depth. That is exactly the type of class you will get here. Your instructor will plan cardio and strength drills in circuits/stations, to work every part of the body. You'll end with a well deserved stretch segment.

**Cardio-mix-** 40 minutes of choreographed hi-lo aerobics.

**Cardio-Pump** - 30 minutes of choreographed aerobics and muscle conditioning done with resistance equipment.

**Cardio w/wts Interval** - 40 minutes of cardio drills, intervalled with weighted strength exercises. Intermediate to advanced.

**Cardio Fusion** - This class is the perfect blend of "old school" aerobics, balance and posture work with muscle endurance work.

**Z - Box** - This is an interval class. You will alternate basic kick-boxing moves with dance inspired aerobic segments. Class will finish with strength work and a Tai-Chi type of type of cooldown.

**Zumba** - An exciting dance fitness class using Latin music with traditional dances mixed with other genres of music and dance moves. No doubt, this is a fun and challenging workout for all fitness levels.

**Body Conditioning** - All strength and endurance. Any combination of weights, tubing and body bars will be used to challenge you.

**TRX Circuit** - The TRX Suspension Trainer enables you to be in control of the resistance level and range of motion of each exercise. In this class you will safely perform exercises that build strength, flexibility, and balance, all at the intensity you choose. This class is another option for crosstraining.

**Step w/wts Interval-** Step choreography and weight work taught in an interval format.

**Aqua-fit** - Structured just like a "land" class, the aerobics and strengthening will have the added challenge of resistance from the water. A great way to cross-train.

**Hydro-Burn** - Taught in the pool, this is a high intensity interval running workout in deep water. Water decreases the impact on your joints and can help increase your range of motion. It's an excellent way to rehabilitate from and prevent injury without compromising the intensity of your workout.

**Spinning** - Our indoor cycling classes are conducted on the Lifefitness GX bikes. Formats are specified so you can plan your rides for the week. You must sign up at the Service Center, no sooner than 30 minutes before class to reserve a bike.

**Basic Spin** - For the new to spinning or seasoned rider, more time will be spent on bike set up and the fundamentals. Please arrive early for the instructor to set up your bike.

**Contact Kickboxing-** Classic calisthenic moves intervalled with kickboxing, boxing and martial arts drills. This is a contact class, heavy bags and focus mitts will be used. Arrive early to have your hands wrapped by your instructor. Gloves are a must.

**Body Conditioning plus** - This class goes a step further and will include short bursts of aerobic drills.

## Class Descriptions

### Gentle Yoga

The Staff at The Sports Club of West Bloomfield welcomes you to our Yoga Oasis. We have two studios to round out our program, the Emerge Studio and the first, and only, far infra - red heated studio in the area, Emerge Power. To help us create a special experience for all practitioners, please follow this short list of rules:

1. Arrive on time and if you must leave early, please do so before savasana.
2. Shoes are not permitted in the studios.
3. No cell phones, even on silent the light is distracting to others' practice.
4. Allow previous class to leave the room before you

#### Temperature Guide

Precision Barre, Barre Fusion, Postural Strength & Conditioning 75-78

Healthy Backs - 78-82 Yin Yoga, Wall Classes 80-85 Slow Flow Vinyasa 82-88

The following classes are a great introduction to the fundamentals of yoga. All classes are taught in a warm room incorporating: mindfulness, breathing, and asana (poses) in a calm and peaceful environment.

**Healthy Backs** - The perfect class for beginners or experienced yogi, looking to stretch and strengthen the spine in all 6 directions. You may not work up a sweat in this class, but you will leave feeling longer, looser and more relaxed.

**Restore at the Wall** - All asanas are performed at the wall. In this class the wall is used to provide greater stability, to nurture a greater opening and to reinforce alignment principles. Although this class is held in the hot studio, the far infra-red system may not be used.

**Yin Yoga** - This practice targets the more "yin" parts of the body. Specifically the bones, ligaments and connective tissue of the hips, low back, pelvis and shoulders. Unlike muscles, which are more "yang", that benefit from the repetition and movements found in an active practice, these tissues need to be addressed through long holds in a calm and relaxed environment.

**Precision Barre** - This class uses one's own body weight and unique equipment while integrating the most effective target toning techniques. This allows the entire body to work evenly, creating greater flexibility, strength & definition. This is a workout for everybody.

### Vinyasa

Vinyasa means the synchronization of breath and movement. Vinyasa classes may be more appropriate for the intermediate yogi or the physically active, the classes are more vigorous and athletic. All classes involve linking postures to the flow of one's breath and students are encouraged to move at a pace of one breath/one movement. Classes start with sun salutations to warm up and progress through a sequence of postures of "flows". Once you are comfortable with the sequence of poses presented, you will be encouraged to "flow on your own". A Vinyasa class will include: forward folds, back bends, side bend twists, core strengthening, inversions and balancing poses. Class will conclude with deep stretches that target the muscles worked in that days flow.

**Hot Vinyasa** - Get your "flow" on and experience all of the health benefits of far infra - red heat, including: immune function improvement, increased blood flow, healthier cells and an increased breakdown of fatty acids. Please hydrate before, during and after class.

**Slow Flow Vinyasa** - A slower version of a Vinyasa practice with attention to alignment and technique. Holds are longer and sequences are shorter. Slow Flow has all components of a Vinyasa practice, including, flowing on your own, inversions and balancing poses. The room will be cooler, the flows, less complex and the holds are 3-5 breaths.

**Slow Flow on the Wall** - Students will enjoy flowing slowly while experiencing the added benefits the wall provides, increased stability and greater leverage. This class is held in the hot studio but the infra - red may not be used.

**Postural Strength & Conditioning** - This class is designed to help correct postural issues caused by overuse syndromes. If your occupation or fitness activity has caused any physical imbalance you will benefit from these specific sets of exercises. With the use of light weights and other props, this class will also help to create more defined muscles, a leaner body and better posture!

**Barre Fusion** - This is a full body workout to tone, sculpt and strengthen muscles. This class goes one step further than the Precision Barre class, fusing aspects of ballet, barre, yoga and Pilates; there may also be some low impact aerobics and classic weight training. All levels welcome