

GROUP EXERCISE CLASSES:

AI Stretch

Active Isolated Stretch provides functional and physiological restoration of superficial and deep muscles planes. **All levels**

Antigravity® Yoga

A unique new class to Asphalt Green! See description on back or visit our website: asphaltgreen.org

Beach Body Straight up, No nonsense is what this focused class is all about! Firm and tone your abs, arms, butt, and thighs with exercises that are designed to keep you ready for the beach all year round. **All levels**

Boot Camp Get into shape with this amazing variety workout. You will use body weight, body bars, kettlebells, TRX bands etc to keep you burning calories and having fun. It's full body fitness including cardio and muscular endurance, fat loss and weight loss, full body strength, agility, balance, flexibility, periodization, and most importantly, results you can see and feel.

Cardio Kickboxing

This fast-paced cardio class uses kickboxing and boxing moves to strengthen the cardiovascular system and tone arms and legs. **All levels**

Cardio Step - Starting from the basics this class will slowly progress and offer a multi-level fun and interesting workout. Moving all around the step we will burn calories, improve balance and enhance joint mobility. Join this challenging class to improve levels of endurance, strength and flexibility without even realizing how hard you're working!

Capoeira is a Brazilian art form that combines elements of martial arts, dance, acrobatics, and music. As a form of exercise, Capoeira engages all muscles groups; helps develop flexibility, balance, coordination, endurance, and strength. Accessible to persons of any age and body type, Capoeira is much more than a martial art: It engages practitioners on a social level as well, placing them in touch with a living tradition and a rich historic heritage.

Chi Gung/Tai Chi These ancient Chinese exercises have physical, spiritual, and mental components that will improve your concentration, balance, physical conditioning, and teach you self defense techniques. **All levels**

Chi Kung is a healing martial arts practice that builds strength, flexibility, and agility with movements that are easy on the joints. A regular practice is cumulative, thanks to the breathing, concentration and discipline. The benefits are reduced stress, a strong immune system and a strong reservoir of chi (energy) to draw upon anytime. **All levels**

Circuit Training Circuit training is short bursts of resistance exercise using dumbbells, kettlebells, body weight, and frequent repetitions, followed quickly by another burst of exercise targeting a different muscle group. **All levels**

Core & More 30 minutes focusing on the ABS and BACK muscles.

Eclectic Yoga This comprehensive class teaches you to reduce stress, improve strength and flexibility, and bring steadiness to the mind using the postures of Hatha yoga. **All levels**

Fitsense 1 and 2/ Elastic Fitsense

This class combines stability, balance, core and length techniques. All exercises will provide overall strength and can be used to prevent and treat injuries. Level 2 is a faster pace class with more cardio. Elastic Fitsense incorporates dyna bands with technique. **All levels**

Hatha Yoga Basics Practice the basic postures, breathing techniques, and modification of poses to suit your individual needs. **All levels**

Himalayan Yoga Learn to combine a slow Vinyasa (flowing) style with attention to physical alignment and the breath. **All levels**

Iron Yoga Blend Originally created by triathlete Anthony Carillo, this blend of vinyasa yoga, core alignment and light weight static contraction strengthens and lengthens muscles to give you a fit and toned physique. **All levels**

The Masala Bhangra Workout® is an exercise dance routine that modernizes the high-energy folk dance of Bhangra by blending traditional Bhangra dance steps and the exhilaration of Bollywood (Hindi film) moves. This unique dance mixes cardiovascular with fun, and is suitable for participants of all ages and fitness levels.

M.E.L.T. Method™ (Myofascial Energetic Length Technique) is a revolutionary approach to pain-free longevity that helps you stay healthy, youthful, and active for a lifetime. **All levels**

Mind Body & Core A total body strength workout focusing on the core while hitting all other muscles groups.

Nia A form of aerobic exercise which combines elements of dance, martial arts, and healing arts. Nia classes offer cardiovascular and whole-body conditioning. All movements are adaptable and can be personalized for any level of fitness and agility. Free your mind, body and soul. **All levels**

Pilates Mat Increase your strength and flexibility with a constant flow from one pilates exercise to the next, incorporating body weight to improve muscular endurance. **All levels**

Pilates Ring Using the "magic circles," improve your flexibility, strength, and muscle tone while focusing on abdominals to balance the body.

SR- Stretch & Relax

A new class format developed by master teacher & choreographer Kordelia, which combines traditional, new and dance stretching methods with a relaxation/meditation session at the end. Various muscle groups and isolated areas will be stretched and elongated.

TheraBand Strength This class uses therabands to strengthen the body while it elongates your muscles. **All Levels**

Total Body / Body Sculpt/ Ultra Tone

Sculpt your entire body in these fun classes designed to work your major muscle groups. By using Body Bars, dumbbells, and body weight you will get a complete workout from top to bottom. **All levels**

TriStrength While geared toward triathletes this class is now open to everyone. High intensity circuits geared to improve conditioning, function and strength.

Urban Rebounding Bounce your way to fitness. Each student utilizes a mini trampoline to get the ultimate cardiovascular workout. Work the heart with no stress on the joints. It's tons of fun! **All levels**

Vinyasa Yoga/ Yoga Fit Use your breath to link and weave a sequence of yoga poses promoting stamina, strength and flexibility.

Warrior Mind Learn mindfulness and the teachings of the highest form of yoga – meditation. **All levels**

Zumba®

Fuses hypnotic Latin rhythms and easy to follow dance moves to create a dynamic fitness program that will blow you away. **All levels**