Virtual Fitness Schedule

Class descriptions:

**Buti Yoga**
- This yoga class combines the best elements of contemporaneous yoga practices and buti dance elements. It is a highly dynamic, fast-paced class that challenges you to move and manipulate your body through the practice of natural movements. Mindfulness and meditation techniques are utilized to enhance mental clarity and focus. No equipment necessary.

**M3 : Move, Manipulate and Meditate**
- The Power of Three, suggests that things that come in threes are more satisfying, more effective, and more memorable. We want you to move and manipulate your body through the practice of natural movements. Natural movements challenge your body to stretch, lengthen and strengthen like never before. Mindfulness and meditation techniques are utilized to enhance mental clarity and focus. No equipment necessary.

**Core, Sculpt & Stretch**
- Increase core strength while sculpting and toning your body. Finish off by rewarding your hard work with a good stretch.

**Cardio Kickboxing**
- This cardiovascular exercise class will have you alternating short periods of intense exercise with less intense recovery periods.

**Pilates Barre**
- A variety of low impact cardio movements that are fun for the mature adult or novice exerciser. Effective resistance, balance and core training using little equipment and your own body weight, you will be stronger than ever!

**Les Mills BODYPUMP™**
- This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great way to be different all the time and push each participant harder than they'd push themselves.

**Boot Camp**
- This short and sweet yoga practice is the perfect way to end your day! We will move through a detoxing power flow followed by mindful movement and breathwork.

**QuaranTraining**
- This mind-body class is one of a kind. Combining the arts of yoga, tribal dance, and short bursts of high intensity cardio to the beat of the music will keep you healthy and happy. No dance experience needed. All fitness levels welcome.

**Core, Sculpt & Stretch**
- This class has high interval intensity training sequences that builds cardiovascular fitness while improving muscular strength and endurance. Using natural movements, we will challenge you to think outside the box and try new things.

**HIIT**
- High-Intensity Interval Training is a series of intense bursts of exercise with short recovery periods. Great way to be different all the time and push each participant harder than they'd push themselves.

**F45 Training**
- Combines elements of High-Intensity Interval Training (HIIT), Circuit Training, and Functional Training. The fusion of these three training concepts creates a workout that will challenge you like never before.

**HIIT**
- Vinyasa means “breath-synchronized movement,” and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling.

**Cardio Kickboxing**
- This circuit-style class incorporates strength and cardio into one high-energy workout for a full-body training session.

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**Mindful Yoga**
- As a family of dynamic and static stretching, breathing exercises, and athletic conditioning formats. This short and sweet yoga practice is the perfect way to end your day! We will move through a detoxing power flow followed by mindful movement and breathwork.

**Yoga Flow**
- This short and sweet yoga practice is the perfect way to end your day! We will move through a detoxing power flow followed by mindful movement and breathwork.

**Pilates Barre**
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