# CLASS DESCRIPTIONS

## SOLID GOLD DANCEFIT

Just right for you, this fun and easy-to-follow 45 minute aerobic dance workout is inspired by “Zumba” and is guaranteed to bring on good vibrations. Cool down, balance work, and stretch are done using chairs, so no mats are required. Bring your water because you will sweat, and if you don’t come in with a smile we know you will leave with one!

## STEP, STRENGTHEN & STRETCH

This class with **Cheryl Kooning** will start with a lively mix of calorie-burning cardio, then strengthen and sculpt the entire body with weights and Pilates. Finally, we’ll reward and lengthen your muscles with yoga-based stretching. Classes will include interval training, step, "zoomba", high and low impact aerobics, while still bringing you the same energetic Funfit feel you have come to expect. Join us for a fun, challenging, and energetic class for beginners to advanced fitness enthusiasts! Bring a water bottle, 3lb- 10lb weights (according to *your* fitness level), and a yoga mat.

## YOGA & PILATES

Step out of your hectic life for one delicious hour with **Gail Spencer-Lamm**. You will focus on uniting body/mid/spirit and develop ease of movement, strength, and flexibility with flowing, rhythmic YOGA and PILATES inspired exercises. You will be encouraged to lean against your edge with considerate persistence and honor your needs. Work hard, rest when necessary and choose from options making the class just the right fit. Sweat, but leave refreshed and energized!

## SWEAT WITH CELINE

Not a minute is wasted in this action-packed 45-minute workout with **Celine Doll** that combines cardio and strength training! We will move through various cardiovascular exercises (may include intervals, low-bounce cardio, HIIT, and Tabata) to get the heart pumping and then focus on strength and balance as we move into muscle-building movements using all ranges of motion. Class is offered to participants of all abilities and modifications will be provided. Bring water, 5-10lb weights, and a yoga mat.

## INTERVAL TRAINING

This fun, energizing class with **Gail Spencer-Lamm** will burn fat, strengthen your heart, tone your muscles and keep them flexible. Get ready for an ultimate mix of cardio and sculpting (with weights). We’ll encourage you to work at your own fitness level but also challenge you to higher levels in order to reach your goals and see progress. You will need 3lb -10lb weights, a yoga mat, and a water bottle.

## ULTIMATE MIX

Are you looking for the best in fat burning technology? Join **Cheryl Kooning & Patsy Duncan** as we challenge you to raise your metabolism and keep it BURNING HOT with short intervals of aerobic dance and muscle energizing exercise, using DUMBELLS and/or ELASTICS, CHAIRS & MATS.

## GENTLE DYNAMIC YOGA

This one our program with **Gail Spencer-Lamm** gently works to improve your strength, flexibility, and balance as it encourages you to honor your limits. You will lean against your edge as you decide what is “just enough”. Learn to harmonize body/mind/spirit in this ½ hour chair assisted and ½ hour mat work class. It’s the perfect place to begin your practice, you will leave refreshed and ready to face the rest of your day.