

## CARDIO

### CLASSIC STEP

Step back in time with this classic workout. Climb, turn, and tap on a traditional aerobic step set to fun, motivating music!

### POUND®

A very different (and fun), rhythmic and drum inspired class using lightly weighted sticks to work out to the beat of the music and make you forget that you are exercising!

### SPIN

The ultimate low impact, high energy, calorie burning workout all on a stationary bike. Spin classes combine a mix of hill climbing, sprints, and intervals set to fun, motivating music.

### ZUMBA®

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. And you will have fun doing it!

## CARDIO & STRENGTH

### BOOT CAMP

Build strength and endurance. Boot camp involves a series of circuits and intervals incorporating a variety of exercises to work your whole body. All levels welcome!

### FITNESS FUSION

Get ready to sweat, smile, and move to the beat! This high-energy fitness class is a fun fusion of dance, conditioning, cardio, step, cardio kickboxing, and more, all set to upbeat and motivating music. Perfect for all fitness levels, this dynamic workout is designed to keep you engaged and energized while helping you build strength, endurance, and confidence. Whether you're a beginner or a fitness pro, you'll leave feeling accomplished and exhilarated. Join us for a session packed with variety, fun, and non-stop movement!

### HIIT

High Intensity Interval Training (HIIT) is a form of exercise that incorporates short bursts of work to increase the heart rate followed by lower intensity intervals. A variety of exercises using dumbbells, med balls, steps, jump ropes, bands, body weight, and more are used.

### STEP INTERVAL

An interval class that mixes classic step aerobics with functional strength training for one incredible, calorie-burning workout!

### TRX CIRCUIT

A form of HIIT using our TRX suspension training straps as part of a circuit around the studio. A variety of equipment will be used, in addition to the TRX, to work your full body and get your heart rate up!

## STRENGTH

### BARRE

Barre classes mix elements of Pilates, dance, yoga, and functional training. Small controlled movements and isometric contractions are used to tone legs, arms, and abs. Sculpt your body like a dancer, improve your posture, and get stronger!

### BODYPUMP®

Strength training for your entire body. This class challenges all the major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

### CORE & MORE

This class will focus on functional strength training targeting the abdominals, glutes, lower back, hips and shoulders either as the primary or supportive muscles. A variety of equipment will be utilized. Foam rolling for self myofascial release will also be incorporated. Walk taller, feel stronger!

### FOREVER FIT

Functional fitness class with exercises designed to help seniors maintain strength, balance, and independence. Designed for every fitness level with modifications and adaptations. Flexibility training to increase joint range of motion. Balance exercises to improve gait and confidence. Resistance training to build lean muscle and increase bone density all to the beat of the music!

### STRETCH & MOBILITY TRAINING

Mobility training includes a range of exercises designed to increase your range-of-motion, control muscles surrounding each joint, and help you move more actively. Through this type of training, you can prevent injury, recover more efficiently, and improve your workouts.

### MUSCLE SHRED & EXPRESS

This strength training workout will hit all the major muscles to improve strength, balance, mobility, and flexibility.

### PILATES MAT

Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. It improves flexibility, strength, balance and body awareness.

## CONTACT INFORMATION

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**YOGA & MEDITATION****CHAIR YOGA**

An adaptive form of Yoga accessible for all. Uses seated and standing poses on the chair for support and balance. Allows participants to modify according to their health, mobility, and current ability level. **GUIDED MEDITATION** (offered monthly) Meditation can heal the mind, body and spirit. It can remove stress, enhance decision making, improve sleep and enhance mindfulness.

**ESSENTRICS**

Essentrics is a unique, non-impact program that rebalances the body by stretching and strengthening your muscles. Essentrics draws from the strengthening principles in ballet to create long, lean muscles; the flowing and healing movements of tai chi to release chronic tension; and the neuromuscular techniques from physical therapy to increase flexibility and range of motion.

**POWER YOGA**

Power classes are a strong moving flow that cultivate balance, stability, flexibility, and vigor. Breath awareness and coordination are carried throughout the practice as the asana ebbs and flows between effort and ease. Modifications are provided for all levels.

**RESTORATIVE YOGA**

Restorative yoga is a restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets, and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind.

**PRE & POSTNATAL YOGA**

Designed specifically for pregnant and post-partum women. This gentle yoga class will focus on breathing, alignment and safe and effective poses you can continue to do through all stages of pregnancy and during post-partum recovery.

**YOGA**

Yoga uses physical poses, concentration, and deep breathing to help improve flexibility, mindfulness, strength, and overall health. All levels are welcome.

**GENTLE YOGA**

An effective gentle yoga class provides a safe, effective, compassionate, non-competitive environment that is welcoming to all. Gentle yoga is a less intense, slower yoga practice that uses accessible poses and movements to stretch and strengthen the body, reduce stress, and improve balance. Suitable for all levels.

**YOGA (Cont.)****YIN YOGA**

In Yin Yoga you will be holding specific passive Poses for an extended period of time, typically 3-5 minutes. Yin yoga is especially focused on breath while releasing tension, stretching your muscles, and increasing flexibility. Yin yoga is meant to help promote balance within your body by working the deep connective tissues. Everyone is welcome, and can be modified for every body.

**YOGA SCULPT**

Yoga Sculpt is a unique combination of yoga and strength training designed to create a full-body workout. Combining traditional yoga poses and principles with strength training and hand weights, this higher intensity workout will leave you feeling stronger, refreshed and uplifted. All levels welcome; modifications and weight free options will be offered.

**EXPRESS STRETCH**

Gift yourself 30 min of full body stretch today! Benefits include increased flexibility, improved respiration, circulatory health, balance and vitality. Suitable for all levels.

**CLASS POLICIES**

1. Please inform your instructor of any injuries or medical issues.
2. If you are new to a class, please arrive a few minutes early and let your instructor know so he/she can assist you with set up.
3. Registration for all classes is required. Registration can be done on the ONLINE Portal, or the Cedardale App.
4. Please be on time for class. If you are not in class at the start time, your spot will be given to someone on the wait list.
5. If you cannot attend class, cancel your reservation at least an hour in advance to allow someone on the wait list to join.
6. Clean all equipment after use. Disinfectant wipes are provided in all studios.
7. Keep conversations to a minimum.
8. No cell phone use during class.
9. Wait until one class is over before entering the studio.
10. Please dress appropriately for class. During the winter months, please bring a separate pair of shoes.
11. Avoid the use of heavy perfumes or colognes.
12. We highly recommend that you have a medical clearance before beginning any exercise program.