

Adorni Fitness Center Class Descriptions

Class	Description
	<p>Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.</p>
<p>Strong & Limber</p>	<p>All fitness levels will benefit in this class which combines aspects of “Sweat & Strength”, “Core Bonus”, and “Yoga for Stiff People” in a 50 minute class.</p>
<p>Yoga for Stiff People</p>	<p>A gentle class for people to regain strength, balance and flexibility at their own pace. Yoga mats available if needed.</p>
<p>Inspired Yoyalates</p>	<p>Yoyalates is a yoga fusion class that combines Yoga and Pilates. Using safe, gentle and restorative poses, which is great for loosening up any stiff areas of the body. Also focuses on core strengthening, body alignment and flexibility. An overall great body workout.</p>
<p>Cardio/Kettlebell Circuit</p>	<p>This Circuit starts with a 10 minute warm-up in the cardio room and then moves into the Exercise room. Michaele will have your station all setup with the equipment you need for your workout. This is an awesome cross training workout utilizing dumbbells, sliders, and jump ropes. This Circuit will help to improve core strength, cardio, endurance and more.</p>
	<p>This class offers a slower style Zumba experience. Latin rhythms and easy-to-follow moves to create a one-of-a kind fitness program. Routines feature interval training sessions with fast and slow rhythms to tone and sculpt your body while burning fat.</p>
<p>Tabata Boot Camp</p>	<p>Tabata interval workouts are all the rage these days, and for a good reason. This high intensity training is fun blasts calories, builds muscle, endurance, flexibility, and you will be moving so quickly that it’s hard to get bored!</p>
<p>Beginner / Intermediate Line Dance</p>	<p>A new look at line dancing with a soulful feel from your “Soul to your sole” Perfect for all levels of experience. Music includes all genres from old time country to current hits. Beginner / Intermediate</p>
	<p>This class offers a music-driven workout which is inspired by Pilates and Yoga. This class focuses on flexibility, strength and condition training involving dynamic movement. This class also offers modifications and progressions for all levels. Each class will incorporate the following styles of movement. Focus: Poses are held for several breaths to focus on increasing strength. Flow: Rhythmic, flowing style that generates heat in the body Fusion: A blend of focus and flow, these movements incorporate dynamic balance and functional training that challenge strength and balance.</p>
	<p>Nothing is better than a workout that doesn’t feel like a workout. Join our talented Zumba instructors for a class that is fun, energetic, and makes you feel amazing!</p>
<p>Light & Lively</p>	<p>Join Bonnie to experience the joy of movement. The perfect class for beginning exercisers and seniors. It’s low impact and focuses on range of motion to help increase muscle strength and stamina.</p>
<p>Silver Sneakers Classic</p>	<p>SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.</p>
<p>Silver Sneakers Tai-Chi</p>	<p>EnerChi is comprised of easy-to-learn, modified tai chi forms aimed at improving well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance and focus. Chair support is offered to facilitate standing stability and seated exercise options.</p>