

# Class Descriptions

Name	Description	Minutes	Location	Ability Level
<b>RECOVERY/FLEXIBILITY/RELAXATION</b>	Maintain and restore function to the musculoskeletal system through these classes.			
Modified Yoga/Stretch Class	<b>Stretching and Yoga positions are performed to reduce stress and release muscle tension throughout the entire body. This is a 30 minute session, includes relaxation techniques at end of session. All levels welcomed. This is a modified program where joint health is taken seriously, therefore advanced stretches and positions are not employed. Why Modified Yoga (<a href="#">Dangers, Risky Poses</a>)</b>	25-30	Fitness Class Room and Via Zoom	Beginners and up
Restorative Movement Class	<b>This is a great entry level exercise program, but even the elite athlete could benefit from it. This is an overall body movement program where specifics movements, positions, postures, and stretches are employed to restore the body from what life throws at it. This class helps you understand if you body is functioning properly in terms of movement, balance, flexibility, and joint health. The goal of which is to build and retain Pump/Tone and balance to your muscularture and health to your joints. All levels welcomed. Chris suggests this class can be life changing. <a href="#">See Webpage.</a></b>	25-30	Fitness Class Room and Via Zoom	Beginners and up
<b>CARDIOVASCULAR FITNESS</b>	Cardiovascular fitness training is paramount to good health. High Intensity Interval Training has become the preferred type of cardiovascular training compared to moderate training. We offer both types of training.			
Kick Boxing	<b>Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. This class is taught by Jen a soon to be black belt.</b>	25-30	Fitness Class Room and Via Zoom	Intermediate to Advanced
<b>MUSCULAR FITNESS</b>	Muscular fitness is a broad term that encompasses a variety of training elements - The Goal of which is a build up of muscular ability both strength and endurance.			
Core Training Class (two types: Intro-Intermediate and Intermediate-Advanced)	<b>This is a group based class using a series of exercises aimed at developing the musculature of deep spine, abdominal, lower to mid back, and pelvic areas (THE CORE: everything above the chest and below the knees). Increasing core ability allows the body to stabilize itself during all types of movements. Excellent class for preventing or reducing back and hip pain and for those who play sports and run. Everyone can benefit from a developed core. This low-impact, conditioning workout only requires a space the size of an exercise mat. Some safe pilates moves will be used. The intermediate to advanced version should only be taken if you are in fairly good shape and have taken passed all core tests. <a href="#">What is Core Training?</a></b>	25-30	Fitness Class Room and Via Zoom	Beginners and up (see class level-(two types: Intro-Intermediate and Intermediate-Advanced)
Muscle Pump	<b>This is a group based class using Supports, Bands, Wall, Free Weights, and Body weight exercises performed to Pump/Tone all your body parts in a short period of time. Base/ Foundational/Primary Movement exercises are stressed in this fast moving class. This class builds a solid muscular base in a short period of time. <a href="#">What are Primary Motions?</a></b>	25-30	Fitness Class Room and Via Zoom	Beginners and up
Group Personal Training	<b>This is an individualized group class where you will be doing many of the similar exercises found in muscle pump, but at your pace and level. We may also have you doing some the weight machines as part of the circuit.</b>	25-30	Fitness Class Room and Via Zoom	Beginners and up
<b>Group ZOOM Personal Fitness and Functional Training <a href="#">must make an appt.</a></b>	<b>This is an individualized class done at your home using your own equipment where you will be doing many of the similar exercises found in muscle pump, but at your pace and level. Others may be on-line at the same time. You need to make an appt. for this class or tell Chris in advance. <a href="mailto:fittec@me.com">fittec@me.com</a> email</b>	25-30	<b>ONLY Via Zoom</b>	Beginners and up
<b>TOTAL FITNESS</b>				
Total Fitness	<b>This class combines all aspects of fitness including dynamic warmup, core work, cardiovascular moves, strength and functional training, with cool down. This supervised group based class that goes by quick. No one is ever bored in this fast paced class.</b>	25-30	Fitness Class Room and Via Zoom	Beginners and up