

Smith Group Exercise Class Descriptions

Barre- develop a slim, tone, sculpted body with the Barre workout. Exercising to energizing music, this class incorporates upper body, core, and lower body movements to keep your heart rate up and burn calories. By utilizing the large lower body muscles with basic ballet moves and engaging your core throughout the workout, you are sure to get a beautiful sculpted body. So, take your shoes off and join us at the Barre.

Boot Ramp -Wherever you are on the incline of improved fitness, what is your next level? To find out, come to BOOT RAMP. Each session begins with aerobic warm-up and stretching. Then we build a sequence of graduated challenges for the major muscle groups, interweaving them with more aerobic work – jumping jacks, maybe, or a lap around the parking lot. There are always variations with less impact (or more!) available.

We use some simple equipment – hand weights, stretch cords, jump ropes, medicine balls, steps. Each session is completed by several minutes of work with the abdominals, then a cool-down and stretching segment which lengthens the muscles, improves flexibility, and reduces or eliminates soreness.

Multilevel Yoga-A great introduction class to for first time students or those looking for a gently paced class with detailed instructions. Students will learn a variety of poses, breathing exercises, meditation and relaxation techniques. This class will move each student at their own pace deeper into their very own yoga practice.

Restorative Yoga-This style of yoga increases flexibility in the major muscles as well as those surrounding the primary joints. Emphasis is placed on the breath to open space through the body and relieve physical and mental tension. A restorative class, all levels are welcome!

Easy Morning Stretch Yoga-This class moves through the classic yoga postures with modifications suitable for beginner, intermediate and advanced students.

Yoga for Older Adults-A great introduction class to for first time students or those looking for a gently paced class with detailed instructions. Students will learn a variety of poses, breathing exercises, meditation and relaxation techniques. This class will move each student at their own pace deeper into their very own yoga practice.

Zumba- Is a Latin-inspired, dance-fitness class incorporating Latin and International music and dance movements, to create a dynamic and effective fitness system. The class format combines fast and slow rhythms to tone and sculpt the body to achieve a unique blended balance of cardio and muscle-toning benefits. Dancers and non-dancers alike immediately and easily master Zumba! Zumba creates a party-like atmosphere providing a non-intimidating opportunity to participate in group exercise classes. It's fun! It's different! It's easy! It's effective! Ditch the workout, join the party!

Arthritis Land- Is a low impact physical activity program for those that want to reduce pain and decrease stiffness. Exercise class includes gentle range of motion suitable for every fitness level. Enjoy standing or stilling in a chair.

Cardio Dance Fusion- Cardio Dance Fusion is a high energy dance fitness class using cardio moves and lively choreography. Come join the fun!

Beginner Zumba- A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!

Tai Chi- A low impact martial art that combines soft, slow, flowing precise movement of the torso and arms, coordinated with weight shifts and stepping to benefit participants' physical/mental health and well-being. Beginners-experienced levels welcome. Enjoy sitting in a chair or standing!

Ch'i Kung- is often translated as life energy, referring to energy circulating through the body; though a more general definition is universal energy, including heat, light, and electromagnetic energy; and definitions often involve breath, air, gas, or relationship between matter, energy, and spirit.

Alexander Technique- Release your spring. Come play, explore, sit, stand, fly. Choose more physical and mental agility. Arouse greater awareness and coordination. Work with your posture and increase your vital energy.

Pound- is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique.