

## Welcome to Westboro Tennis and Swim Club!

We look forward to working with you to make your fitness experience a healthy, fun, and positive one. We know you will enjoy working with our professional and friendly staff.

### **Please Remember!**

- To be on time for class- warm-up and stretching are important and help in preventing injury
- Always inform your instructor if you are new to class or have special medical considerations
  - Exercise at your own pace and fitness level
- Your opinion is important to us. Please tell us how you feel

## **Group Fitness Class Descriptions**

### **Mind/Body**

**Anusara Insp® Yoga**- a heart opening hatha system with Universal Principles of Alignment which are present in all poses. The alignment principles strengthen the body in actions needed to perform asana optimally. It assists in overcoming excessive mind chatter, becoming more accepting of yourself, and increasing strength and flexibility.

**Ashtanga Yoga**- a set of sequence of postures designed to release tension from the body and mind while building strength. Since the sequence remains the same, you can see your progress and feel yourself come into optimum health and balance.

**Hatha Yoga**- focuses on stretching to create stability, strength and balance in yoga postures, as well as a focus on breathing techniques to encourage peace of mind and body.

**Vinyasa Yoga**- this is an intermediate level yoga that keeps you moving from one posture to the next as you learn to center yourself in a busy world. See your posture and flexibility improve with traditional yoga postures.

**Pilates**- strengthen your core muscles and produce overall balance and flexibility. You will leave class feeling stronger in the core, more flexible, and energized.

**Power Yoga** – combination of various styles of yoga using more powerful movement and breathing techniques.

**Yoga S&R (stretch and relaxation)** – come to this yoga class to reduce stress anxiety and muscle tension and improve posture, flexibility and balance.

### **Cycling**

**Cycling**- a cycling class with music that motivates! All fitness levels are welcome to participate in this dynamic workout.

### **Cardio/Muscle Toning**

**BodyPump** – A 60 minute total body strength training and conditioning class using a barbell and weights all to great music.

**Bosu Blast**- a combination of cardio, core and stretch all done on the bosu ball!

**Cardio Bells**- just 30 minutes to work your whole body using a specially designed 15 lb weight.

**Core Stability**- strengthens your abdominals, back and core muscles using the stability ball and other resistance tools.

**Cycling/Yoga** – A 30 min low intensity cycling combined with 30 minutes of yoga for a mix of burning and stretching.

**KickButt Combo**- a combination of kickboxing and strength training.

**Muscle Definition**- a non-aerobic weight resistance to increase muscle tone

**WWE Training**- workout with the employees! Join us on the basketball court for a fun workout that will condition the entire body.

**Zumba**- Hi/Lo cardio workout done to a fusion of Latin and international music using a mixture of body sculpture movements with easy to follow dance steps.

## **Senior Group Fitness Class Descriptions**

**MSROM**- a total body conditioning class designed to increase muscular strength, range of motion, balance, agility and coordination. A chair is available for members who prefer seated or standing support.

**YogaStretch** – move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of poses designed to increase flexibility, balance and range of motion.

## **Water Fitness Class Descriptions**

**Aqua Flow**- choreographed dance water fitness.

**AbaCore** – use water and resistance tools to work stability and core.

**Cardio Tunes**- upbeat, high energy, low impact cardio workout. Move to the music while burning calories and toning muscle.

**Deep Water Workout**- high-powered workout utilizing deep water running techniques, interval training & resistance equipment. A workout that won't negatively impact the joints.

**Hi/Low H2O**- moving back and forth from shallow to deep water increasing cardio levels and muscle conditioning.

**Instructor Highlight**- formerly known as Masters Class, a mix of our best from multiple instructors. (see fliers for date and time).

**Liquid Lyrics**- have fun moving to the music with this challenging class which consists of cardio and strength segments for the whole body.

**Recovery Thru Water**- a certified instructor will work with you to build/repair your muscles and cardio condition. (Fee for private half hour session)

**SilverSplash®**- shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Use special tools to develop strength, balance and coordination.

**Sports Conditioning Water Style**- we'll get you ready for the sport of your choice by increasing your cardiovascular strength, range of motion and muscle conditioning.

**Water Running**- this class will help you train for a marathon or train yourself back from an injury. A great way to work in water to get to fitness excellence.

### **Group Fitness Director**

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### **Water Fitness/Forever Fit Coordinator**

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