

# GROUP FITNESS CLASS DESCRIPTIONS

1266 Tamson • Suite 101 • Cambria, CA 93428 • ph. 805.927.4961 • [www.gymonecambria.com](http://www.gymonecambria.com)



## Morning Mix

Experience real world benefits of exercise with this 30 minute total body workout. Build muscle strength; improve joint mobility and your balance. Morning mix is a simple and effective mix of weights, bands, stability balls and more! All fitness levels welcome.

## Tai Chi

Prepare to be calm and relaxed. Tai Chi combines a moving form of yoga and meditation with slow, soft, and even transitions between movements to foster a tranquil mind. Qigong is an ancient Chinese system of postures, exercises, breathing techniques, and meditations. All fitness levels welcome.

## Step Choreography

The ultimate cardio-class! Step class incorporates challenging choreography with traditional stepping techniques to burn fat, build muscle strength while having a blast! Intermediate to advanced fitness levels only.

## Nia

Nia is a dynamic cardiovascular workout that stimulates and integrates your mind/body/spirit and leaves you feeling recharged, rejuvenated and fully alive. Nia blends dance, martial arts, yoga and healing arts to allow your child, athlete, warrior and dancer within to emerge. Each student is encouraged to modify their movement, speed and range of motion. All fitness levels welcome.

## Hard Core Abs

30 minutes of intense focus on the core, the essence of all movement. Firm and focus abs, lower back, thighs and more. Intermediate to advanced students only.

## Indoor Cycling/Spoga

Burn fat, release stress, and build muscular strength to upbeat music and professional coaching. Indoor cycling is guaranteed to improve your cardiovascular endurance. All fitness levels welcome.

## Hatha Yoga/Beginners Hatha Yoga

Introduction to Hatha yoga. All fitness levels welcome Hatha yoga combines both the sun and the moon energies to create a balance between strength and flexibility. Breathe, Move and Be. Hatha Yoga 1.5 hours Intermediate to Advanced fitness levels.

## PilatesFusion/Core Engagement

Improve flexibility, coordination, and posture, as well as increase awareness of proper body alignment and breathing. Pilates strengthens abdominal, legs and back muscles. Intermediate to advanced students welcome.

## Step Pump

Step to it! Use the step as an instrument for strengthening core, legs and glutes. Slow paced upbeat music to enhance muscle memory. Light weight lifting for upper body toning. Cardio, Cardio, Cardio!

## Stability in Motion/ Off the floor Core

Get up off the floor! Imagine Pilates standing up! Use your stabilizers in a new way. Enjoy great music while looking at your Pilates workout from a new angle. All fitness levels welcome.

## Gentle Yin Yoga & Restorative Yoga

Stretching is the fountain of youth! Practice postures and breathing techniques to enhance physical as well as mental wellbeing. Restorative Yoga-Nap time for grown ups! Completely let go. Let the props support you in poses that soothe the nervous system. All fitness levels welcome.

## Water Exercise-Reservations Required

Jump in the pool for low-impact total body workout while developing balance and core strength. All fitness levels welcome

## STARS & Forever Fitness:

Enjoy Stretching, Toning and Renewal. Improve your flexibility, coordination, balance and posture. All fitness levels welcome.

## Moving Meditation

Peaceful relaxation and gentle movement will energize you, a simple Tai Chi warm-up, plus a seated breath awareness meditation will yield a sense of inner quiet. All fitness levels welcome. Movements can be done seated or standing.

**Cardio & Core on the Ball:** Have a ball on the ball working your core and cardio! Build muscle and core strength, and improve your balance. All fitness levels welcome.

