

January Special Sunday Classes

Intro to Indoor Cycling

Jan. 2 | 2–3 pm | Penny | Studio B

A workshop and workout appropriate for beginners and experienced cyclists. Learn the correct bike setup for proper alignment, cycling techniques, and ways to monitor the intensity of your cycling experience. Those who ride regularly can benefit from evaluating their bike setup, form, and learn techniques for propelling their ride to a new level.

Experiencing Pilates with Foam Rollers

Jan. 9 | 2–3 pm | Pauline | Studio A

Foam rolling is an excellent way to stretch and massage those tight areas. It can challenge your balance and stability. During this class you will learn how to incorporate the foam roller into the classical exercises of Pilates.

BODYPUMP™ Technique Class

Jan. 16 | 2–3 pm | Pam | Studio A

Are you getting the most out of your BODYPUMP™ class? The beginning of this BODYPUMP™ class will focus on form and alignment for basic and complex BODYPUMP™ moves then we will execute these moves in a 45-minute class format. This is the perfect class for both new and seasoned BODYPUMP™ participants!

Water Workout 101

Jan. 23 | 2–3 pm | Kelly | Therapy Pool

Learn how to use the properties of water to enhance your water workout. Water offers natural resistance to strengthen muscles and increases cardiovascular endurance. We will explore different tempos and vary the range of motion for basic aquatic exercises. Feel common moves in uncommon ways and get the most out of your water workout!

Intro to Yoga Qigong

Jan. 30 | 2–3 pm | Christina/Lyle | Studio A

A workshop appropriate for beginners and experienced students. Christina will guide you through fundamental yoga poses and Lyle will introduce Qigong movements to improve energy flow in the body. Treat yourself to an all-inclusive mind-body class that will improve flexibility, reduce stress, and restore balance.

FOR MORE INFORMATION,

please visit the Member Services desk or call 540-536-3000.



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