

Fitness Class Description

Aerobics (Amy) High-energy, traditional aerobic choreography alternates with periods of resistance training. Proves that coordination is learned skill. A total body workout for all levels of participants.

Boot Camp (Ashlyn) Outdoor fitness class that utilizes the great landscape of Crow Canyon Country Club. Workouts include cardiovascular fitness, full body strength, coordination, balance and flexibility. This class is great for all fitness levels and can be modified for the needs of each member.

Circuit (Mick) A full body sculpting class that incorporates dumbbell work, physio-ball, plyometrics and an extensive core and abdominal regimen. Exercises can be done whether you are a beginner, novice or a regular fitness fanatic. Your level is determined by the weights that you use. Some light running to keep your heart rate at a fat-burning level.

Fitball (Amy) Strengthen your core muscles, including abs, back and pelvis to improve balance and stability. Fitballs provide the right amount of challenge to familiar exercises. Accommodates all experience levels, from novice to accomplished athlete.

Gentle Yoga (Lenna) A combination of therapeutic yoga stretching/strengthening and easy breath-linked flows with at least half the class devoted to restorative yoga. Perfect for those who have never practiced yoga who want a non-threatening introduction to fundamentals to advanced practitioner who know wants to restore energy for the weekend or get warmed up and focused for that golf game or tennis match with a deeply restorative experience.

Level 1-3 Beginner Monday Night (Leena) Best for those with some yoga experience to advanced beginner/intermediate. Classical Ashtanga/Hatha complete practice may include energizing flows and challenging asanas for an overall workout, yet designed so students can still get a good night's sleep.

Level 1-3 Beginner Tuesday and Thursday Morning (Leena) Best for those with some yoga experience to advanced beginner/intermediate) Classical Ashtanga/Hatha with a balance of breath-work, postures, flows and inspiration. Students have freedom to be challenged or to just chill-out.

Low Impact Aerobics (Linda) If you like to dance, condition your body, build strength, stretch and feel great, this is the class for you.

Shallow Water (Mary & Nancy) For a great cardio and muscle building workout, aqua aerobics burns calories and uses all the major muscle groups without causing any wear on the joints. The multi-directional impact is also good for increasing bone density while the pressure from the surrounding aquatic environment eases joint pain.

Step II (Amy) An aerobic workout guaranteed to rev-up your metabolism. Utilizing an adjustable platform and free weights, this class is designed to accommodate all skill levels.

Yin Yoga (Leena) is for the new beginner to the advanced yoga practitioner. New depths in postures, deeper ranges of motion, or an increased flow of energy may be achievable. Yin Yoga is a mind/breath/body practice leading to a deeper level of relaxation, increased flow of energy and states of clear meditative focus: the original intention of yoga practices.