

Group Exercise Class Descriptions

Spring 2021

SwatHIIT with Julie McHugh (Monday, 12:15-12:45 PM)

HIIT stands for high-intensity interval training - and this class gives an efficient full-body workout in 30 minutes. Using just body weight, we will work in bursts of intense exercise with short rest periods for a great metabolic burn. Get ready for a fun and challenging workout with modifications for all levels.

Yoga Flow with Emily Forte (Monday, 4:45-5:30 PM)

Start your week off right by synchronizing your mind and body, with breath and dynamic movement in a cleansing and invigorating all-levels mind-body practice. You'll move in a rhythmic and fluid manner to increase range of motion, build strength, dissolve tension, and enhance mental clarity.

Pilates with Cathy Raymond (Tuesday, 12:15-1:00 PM)

Pilates is a progressive system of exercises designed to stretch, strengthen, and balance both mind and body. Benefits include increased core strength, better posture and balance skills, more physical and mental energy, and improved sports performance.

Bodyweight Bootcamp with Julie McHugh (Tuesday/Thursday, 5:30-6:00 PM)

Bodyweight Bootcamp is a full-body workout designed to strengthen muscle, burn fat, and develop confidence in core bodyweight movements. This 30-minute class is intended for all participants from the novice exerciser to the consistent gym-goer without any equipment required. Join Julie for a fast-paced 30-minute workout that will keep you engaged, motivated, and on your way to your fitness goals. Each class will include a warm-up, workout, and cool-down with planned rest periods in between.

Advanced Pilates with Cathy Raymond (Wednesday, 12:15-1:00 PM)

Pilates is a progressive system of exercises designed to stretch, strengthen, and balance both mind and body. Benefits include increased core strength, better posture and balance skills, more physical and mental energy, and improved sports performance. This class is designed for more experienced Pilates students and is also appropriate for those with yoga, martial arts, dance, or athletic training. All levels of ability and experience are welcome.

Cardio Barre with Julie McHugh (Wednesday, 4:45-5:30 PM)

Join this fast-paced cardio and toning class that combines elements of barre, pilates, boxing, and yoga to burn fat with minimal impact on joints. This 45-minute class will challenge your endurance and work on deep stabilizer muscles to help you function more efficiently in daily life.

Mid-Day Yoga with Emily Forte (Thursday, 12:15-1:00 PM)

Make the most of your mid-day break by enjoying an invigorating flow class, with a relaxing meditation and savasana at the end. We will practice breath and dynamic movement synchronization so that you can return to your class, desk, or learning space/workspace restored and renewed to take on the rest of the day... or week!

Vinyasa Sculpt Yoga with Kat Capossela (Friday, 10:30-11:15 AM)

An athletic approach to yoga through intense strength building sequences that also integrates a study of yogic philosophy. This high-intensity class challenges the body's balance, flexibility, and strength on the mat with the intention of bringing those elements off of it.

Core & Stretching with Chris McPherson (Friday, 12:15-12:45 PM)

This 30-minute circuit-style class is designed for all fitness levels to improve flexibility, mobility, stability, and strengthen the core with challenging exercises that target the upper and lower abdominals, obliques, and lower back.

Gentle Yoga with Kat Capossela (Sunday, 11:00-11:45 AM)

A counterbalance to our fast-paced and often stressful lives, this relaxing yoga practice involves holding stretching postures and purposeful breathwork. Gentle Yoga promotes deep physical rejuvenation and unwinding meditation, setting the tone for the upcoming week.