

# THE NANTUCKET CLUB

## Fitness Class Descriptions

**Vinyasa Yoga** - Vinyasa classes offer a variety of postures and no two classes are ever alike. The opposite would be “fixed forms” such as Bikram Yoga, which features the same 26 postures in every class, or Ashtanga which has the same sequence every time. The variable nature of Vinyasa Yoga helps to develop a more balanced body as well as prevent repetitive motion injuries that can happen if you are always doing the same thing every day.

**Abs** - This class is designed to help improve balance, flexibility, power and stamina. Specifically focusing on opening the hips, quads and hamstrings, will result in improved performance, injury reduction and faster recovery for all levels.

**FitBall** – Is the perfect one-hour double workout, combining high-intensity cardio with muscle and core conditioning. The class pays attention not only to major muscle groups but is also focused on forming alignment and strength with smaller muscle groups.

**Beginners Vinyasa Yoga** - A flow in Vinyasa is like a dance, linking each physical movement with the breath and finding flow in every pose and transition. For a lot of yoga beginners, tight hips and shoulders are often the main complaint or target areas. The flow below is perfect for beginners because it's a heart opener that also focuses on the hips and shoulders.

**Body & Core** - Total body conditioning & energetic workout including strength, cardio and core in one.

**Cardio Burn** - A form of interval training that alternates short periods of intense anaerobic exercises with less-intense recovery periods. These workouts provide improved athletic capacity and condition as well as improved glucose metabolism.

**Fit Fusion** - Whole body workout using physio balls, free weights, and body weight to improve fitness and core strength. Ideal for those new to group fitness or rehabilitating after an injury and active adults who want the benefits of improved cardio fitness, strength and flexibility.

**Gentle Yoga** - Gentle Yoga is great for beginners, as well as for practicing students, to start a busy day. The class focuses on building strength, balance and relaxation through warmups and a mixed series of postures. It may also incorporate a mini gentle flow. Let this class calm and gently restore the body.

**Glutes** - This class will focus on trimming and toning lower back, hips, glutes, and thighs.

**Pilates Mat** - Class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will blend the Classical Pilates Method with exercise variations and by using props and light weights. Modifications are

suggested for beginners or for those with physical limitations. Pilates mat is a challenging yet safe method to sculpt your body and to feel increased agility in your everyday movements.

**Power Sculpting** - A full body workout incorporating resistance training and body weight exercises to strengthen and tone your whole body. With a focus on form and progression, watch your strength improve each week. Suitable for all levels.

**Pure Strength** - This class will provide an opportunity for development of strength and conditioning for various fitness related activities. Free weights, exercise machines and conditioning activities will be incorporated to promote improvement in strength, endurance, balance, agility, and speed. Proper technique, safety precautions and proper application of the Principles of Training will be emphasized.

**Stairs & Pump** - Is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength, and cardio-vascular fitness)

**Total Body Burn** - This class combines all the components of a great, strenuous workout! Its cardio combined with strength training. An efficient workout that works your entire body; heart and muscles by going from one exercise to another with little or no rest. Cardio will help burn lots of calories which will help weight loss, and weight training will build up muscle bulk, and muscle burns more calories than fat so that will help you burn calories too. Plus, weight training is essential for maintaining healthy bones. This workout involves calisthenics like pushups, jumping jacks, crunches and other body weight exercises...the difference lies in the intensity.

**Zumba** - Class combines fast and slow rhythms that tone and sculpt the body using principles from aerobic and fitness to achieve cardio and muscle-toning benefits.[2]. In every Zumba lesson four core rhythms are always present: merengue, salsa, cumbia and reggaeton. Besides, there are six other official rhythms that might be incorporated in the instructor playlist, these are: belly dance, flamenco, tango, samba, soca and quebradita.[3] Once the instructor has included the four core rhythms in the playlist, he/she can choose out of the other six official rhythms or other internationally famous songs to finish off his/her 1 hour Zumba playlist. Other very popular rhythms that could be found in a Zumba class are dancehall, dembow, bhangra, hip-hop, bachata, mambo.

**Vinyasa Core Flow** - Vinyasa Core Flow - is a vinyasa flow class in which every incorporates a series of belly-up core work. This class strengthens, balances, and detoxifies your entire body and mind as you move through postures with connected breath. Here we might break down a Peak posture or a new transition, or simply incorporate a creative flow sequence to engage you both physically and mentally.

**Tabata** - Each exercise in a given Tabata workout lasts only four minutes, but it's likely to be one of the longest four minutes you've ever endured. The structure of the program is as follows:

Work out hard for 20 seconds

Rest for 10 seconds or more

Complete 8 rounds

You push yourself as hard as you can for 20 seconds and rest for 10 seconds. This is one set. You'll complete eight sets of each exercise.

You can do pretty much any exercise you wish. You can do squats, push-ups, burpees or any other exercise that works your large muscle groups. Kettlebell exercises work great, too.

**Strength & Conditioning** - Strength and conditioning workout programs play a vital role in the development of athletes in various sports. A structured strength and conditioning workout are designed to develop muscular endurance, strength, power, speed and aerobic and anaerobic conditioning for the specific demands of the sport. By improving these physical skills through a sport-specific workout program, the athlete increases sports performance while reducing the potential for injuries.

**Balance & Power** - Muscle incorporates athletic-based exercises that improve upper & lower body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength....