

## LHC CLASS DESCRIPTION

<p style="text-align: center;"><b><i>When participating in Yoga classes, try not to eat 1 1/2 hours before class.</i></b></p>	<p><b>STRENGTH/CONDITIONING</b> – Functional Training is achieved in this class. Your strength, balance, coordination, and flexibility will improve after experiencing this class. Core work is emphasized strongly as we make use of all our props. Try this challenging and FUN class!</p>
<p><b>YOGA*</b> – A strength &amp; flexibility workout that integrates the body &amp; mind. We focus on basic Yoga poses which follow the breathing. All levels are welcome to participate. Instructors will modify for <b>all fitness levels. BREATHE!</b></p>	<p><b>YOGA 4 BALANCE</b>— Physical balance starts from the toes on up; core strength is built by carefully moving the spine in four directions. Increase strength and flexibility in the foot &amp; ankle, and improve posture to decrease low back pain and weakness.</p>
<p><b>GENTLE YOGA*</b> – A low intensity class that caters to <b>beginners</b> and those who want to improve their flexibility. You will find this class to be a very relaxing and meditative experience. You do not have to be a pretzel to attend. <b>BREATHE &amp; RELAX! Great for reducing STRESS!!</b></p>	<p><b>KIJO</b>— is a dance-fusion fitness class that uses, dance arts, martial arts and healing arts. Kijo will enable you to develop mobility, flexibility, strength, agility and stability, while having an incredibly fun, non-impact aerobic workout. The fun factor for everyone and all levels.</p>
<p><b>PILATES MAT/FLEXIBILITY SCULPT</b>– These core conditioning classes are designed to strengthen deep abdominal muscles, while combining postural awareness, along with back work and flexibility training and balance work, using many different props. <b>For all levels.</b></p>	<p><b>INTERMEDIATE YOGA</b> -.A more challenging yoga class not intended for a beginner level student. Poses are more demanding and held longer with great emphasis on breathing and inner body awareness. This workout/class will help the student realize the benefits of one's inner strength! At least 1-2 years of Yoga Experience recommended.</p>
<p><b>ZUMBA</b>- Move to the beat in this low impact cardio class . Challenge yourself and move your body to upbeat Latin music . Have FUN and work up a sweat!!! <b>For all levels.</b></p>	<p><b>YOGA-LATES</b> – This class is a little bit of Yoga and a little bit of Pilates, and gives you the best of both disciplines. Work on strength and alignment and breathing. Balance and flexibility work make this a challenging class for ALL levels</p>
<p><b>CIRCUIT TRAINING</b> – This class combines the benefits of weight training and cardio training all in one class. It takes place in the Weight Room with a motivating instructor. One minute at each station (<b>Super Circuit runs a full hour</b>)</p>	<p><b>YOGA BASICS</b>- It is always good to start with the <b>basics</b> since that is what Yoga is all about. Enjoy the relaxation and flexibility that this Yoga class can bring into your life. For all levels. Enjoy and breath!!</p>
<p><b>SIMPLY STRETCH</b> - Who needs to stretch more?! If you sit at a computer, if you're a golfer or tennis player, a gardener or someone coming back to fitness from an injury, this class will give you the extra time to release tight hamstrings and calves while easing stiff shoulders, necks and low backs. A perfect complement to your fitness regime. Open to all levels of ability. You will leave feeling great!</p>	<p><b>CYCLE(SPIN)</b> – A high-energy workout on our state of the art Peloton Cycles. Everyone can pedal a bike. Space is limited; you must show up 5 minutes before the class is slated to begin. <b>30/30</b> is 30 minutes of Spin followed by 30 minutes of Strength. Guaranteed to work up a sweat!! <b>Cycle &amp; Chat</b> Is a lower level class and for those new to Spin. <b>All levels welcome.</b></p>