

GROUP FITNESS

CARDIO/CORE CLASSES

Our classes are for Every Body. Please don't feel like you are not in good enough shape to come to class! You don't have to be great to start – you just have to start to be great! The only bad workout is the one you didn't do!

Active Balance Conditioning (ABC) - This program is designed for the unique needs of active older adults who know the importance of staying mentally sharp and physically stable. Researchers no longer believe that falling or losing your strength and mental capacity are inevitable parts of the aging process. This innovative class will combine all aspects of fitness – strength, balance, brain games and flexibility. We will be doing all types of walking – working on gait patterns and using obstacles to practice going over and around. As you may know, each day can present a new challenge after a certain age so all activities will be done at the participants level of fitness as is on that day. Email nancy.triscuit@cranberrytownship.org with any questions or concerns. This class is an 4 week session. Free to Silver Sneaker, Silver Fit members and Cranberry Township Group Fitness members. Non-members can pay drop in fee.

CardioCore H.I.I.T - High Intensity Interval Training with a Core focus.

Cardio/Pilates Intervals - Cardio intervals and Pilates are wonderful companions due to the way they complement and support each other. The first part of the class will focus on working the large global muscles with cardio and strength intervals while the second part will focus on increasing your flexibility and core strength with Pilates. Combining the two methods ensures a whole body focus.

CardioMix – You'll never believe it – A mix of different cardio!

Customized Small Group Class – If you have a small group of people and would like to have a customized class (afternoon is best for this) – we would like to make this happen for you! Email nancy.triscuit@cranberrytownship.org

Fitness-Lite – Low impact class providing a good cardiovascular and/or strength workout with a minimum amount of wear and tear on the body! Modifications given for all exercises. Balance work included.

Group Barbell – You will still sculpt and strengthen your entire body by using low weight (not super low, but lower than an Olympic weight lifter!!) and high repetitions. The class is choreographed to great music and with great instructors inspiring you, you can't go wrong! Participants may use a barbell, dumbbells or no weight at all. All fitness levels will be accommodated! This has been proven to be one of the quickest ways to get in shape. New students may want to check out the Group Barbell Elements class. Everyone who is 40 plus needs to lift weights. Why? It increases lean muscle mass, increases bone mineral density, increases metabolism, burns fat and so much more. Remember, as you age, you lose muscle mass, increase fat mass, your bones get brittle. Who needs that?

How to Survive a Group Barbell Class – Great for new and current students. This is a small group setting in which you will be coached on the correct form for the more challenging Group Barbell exercises. This will allow you to get the results you want as quickly as possible. This is not a full Group Barbell class.

Intervals – 45-60 minute format alternating different cardio or sculpt segments.

Mash Up Mania – Anything goes in this class from Zumba to strength training, step and more!

Not Just a Stroll in the Park - No excuses for not working out! Load your kiddos up in the stroller and let's get to work. We will burn calories, build strength and improve physical and emotional well-being. You'll enjoy the camaraderie and we will all enjoy being outdoors. Meet at the Jaycees Shelter in the Community Park.

Zumba – You say you have no rhythm? You say you can't dance? Well, all that matters is that you move to the fusion of Latin and International music. Our Zumba instructors all have different styles with one thing in common – PASSION!

Zumba-Lite – Just like the above, but a little bit easier!

Zumba Toning – Less dance and more weights!

MIND/BODY

After Hours Yoga - Not into football? What could be better? Put the kids to bed and come to a Gentle candlelit Yoga class. Please bring a mat (we have a few extra). This class is appropriate for all students seeking the benefits of a very relaxing, gentle, and nourishing practice. The combination of gentle hatha and deep restorative work improves range of motion and joint mobility while reducing pain and the effects of stress. Students with injuries, arthritis, or other chronic conditions are welcome in these classes. Practitioners with limitations related to age or size as well as students with a more vigorous yoga practice will benefit from this practice. No prior yoga experience required. One week of each session will be foam rolling and stretching ? because everyone should know how to use one and do basic stretches. (see Foam rolling ? How to do it! for more in depth class on Self-Myofascial Release)

Afternoon Yoga Flow - Vinyasa style flow class with an emphasis on modifications for those who may need them!

Chair Yoga – This class is done sitting in or standing next to a chair. You'll get a great stretch and work on balance too!

Foam Rolling and How to do it - Do you have tight hamstrings? Maybe shoulder /neck or lower back pain? Do you have a foam roller at home that just sits in the corner? During this one hour session you will learn what Fascia is and why it is important to keep it hydrated by using this inexpensive piece of equipment. You will also learn how to use small balls to help alleviate pain in many areas. Please bring a foam roller ? we do have a few extra. If you buy one, start with a smoother, softer surface! If you have an extra tennis (good) or lacrosse (better) ball, please bring that as well!

Gentle Yoga This class is appropriate for all students seeking the benefits of a very relaxing, gentle, and nourishing practice. The combination of gentle hatha and deep restorative work improves range of motion and joint mobility while reducing pain and the effects of stress. Students with injuries, arthritis, or other chronic conditions are welcome in these classes. Practitioners with limitations related to age or size as well as students with a more vigorous yoga practice will benefit from this practice. No prior yoga experience required.

Hatha Yoga/Hatha Yoga and Core – A more relaxed pace yoga practice that integrates breathwork with deliberate muscle awareness. No flow yoga. For the Hatha and Core – we add core work too.

Pilates – Helpful in preventing and rehabilitating from injuries, improving posture and increasing flexibility, circulation and balance. You will establish core strength and stability. Props such as light weights, small balls and stability balls and gliding discs may be added to add variety.

Pilates30/Yoga30 – The best of both worlds! – Half Pilates and half Yoga (not typically a flow class)

Strong Flow Yoga – Energetic, vinyasa style flow emphasizing continuous movement with the breath.

Sunday Yoga - A 90 minute Flow class. We start slow, build our flows and have a lot of time on the floor. Lots of modifications will be given! Previous experience helpful but anyone can do this class.

Yoga Nidra - This is an accessible meditation practice that cultivates multiple levels of well-being. It is a simple way to reduce stress and promotes deep rest and relaxation. This class is usually done in Savasana (Corpse) pose so dressing in layers and bringing blankets and/or pillows so you are comfortable is encouraged.

Yoga Flow – Vinyasa style flow class with an emphasis on modifications for those who may need them!

Yoga-Lite – Gentle yoga class. Props may be used. Balance work included.

Yoga Sculpt - Yoga with a little twist – yoga-inspired sculpting moves (you have the option of using light weights)

Yoga for Every Body – Gentle Yoga class – fitting your practice to your body. Everyone can do Yoga.

