

B.O.V. Classes and Descriptions June 2018

POWER SURGE (HIIT STYLE) (previously Cardio Interval) High intensity Interval Training uses intervals of near maximum exertion (bootcamp drills, weights, or power moves), followed by periods of low intensity or active rest. This sweat-drenched workout provides a dynamic session of hardcore cardio and strength to boost your fitness level and utilize those fast-twitch muscle fibers. Instructors will use variations to provide a safe and effective class for all levels.

STRENGTH (previously Weight Works) This popular workout can use equipment or body weight training to sculpt, tone and burn calories while you gain lean muscle mass and increase strength by targeting the major muscle groups. Benefits include boosting metabolism and increasing bone density to combat osteoporosis! Modifications are offered for all levels!

L.I.F.F.T. (previously Gentle Fit) is an acronym for “Lo-Impact Functional Fitness Training”. This class is designed to keep you moving and strong in all your activities of daily living with an emphasis on stability, mobility and flexibility. There will be lo-impact cardio, resistance training, and stretching but no plyometric (jumping) in this class. This is an excellent class that gives you total body conditioning minus the high impact!

R.E.A.C.H. (previously Pilates Thursdays@9am) Dallis’ unique brand of dance-infused Pilates both standing and mat-based with an emphasis on corrective exercises and reaching from fingers to toes. The acronym R.E.A.C.H. stands for Rebalance, Elongate, Activate muscles, Centering, and Harmony. Everyone is welcome and modifications will be offered for all levels.

R.I.S.E. (previously Stay Strong) This class originated as a bridge from Back Care basics to a class for Active Agers to move well and often. Using body-weight training for lower body and light dumbbells for upper body strength, we will focus on this acronym Retain Independence, Strength and Energy levels. This class will emphasize mobility, stability and flexibility with chair modifications for those who need them.

ZEN FLOW (previously Yoga Sundays@7:45am) A perfect mind-body class for Sunday mornings that may include Yoga, Pilates-lite, stretch and mindful meditation. This beautiful blend emphasizes a “Zen” state of mind being grounded, blissful and re-charged for the work-week ahead. **(note new 8am start time)**.

YOGA

Yoga postures known as asanas are dynamically put together to strengthen, stretch, and relax the body and mind. As there are several practices and styles of yoga, please check with the instructor for specific information on the style and format of her class.

Yoga classes offered daily except Saturdays.

TAI CHI

Tai Chi is a Gung Fu or martial art system that requires discipline and concentration to achieve maximum benefits. Each Tai Chi movement follows the yin and yang theory to obtain a high level of internal art, resulting in better health and self defense. The art of body movement techniques may improve arthritis, immune system, circulatory, stamina, balance, and mental well being.

AQUA FIT

Join us year round for a vigorous water workout that includes cardio and strength conditioning. Utilizing buoyancy and natural resistance, this class is fun and ideal for those with joint-related issues such as arthritis and fibromyalgia. Noodles and foam weights are used for upper and lower body strengthening. Keep warm in winter by wearing an aqua shirt or vest available online or at sports stores.

PILATES FUSION

This essential class is designed to strengthen the core muscles surrounding your spine whether you are performing standing 3-dimensional movement or mat exercises. Pilates principals are applied using stability balls, bosu, mini-balls, gliding disks, therabands or foam rollers. All classes taught by our experienced instructors will challenge your core and create the well-balanced body you've been looking for!

CYCLE CORE

This non-impact, individually-paced, heart-pumping workout is suited to men and women of all ages. Cycle core will teach you basic skills and conditioning which you can incorporate into your personal fitness regimen and outdoor cycling experience. You will also learn more about your target heart zone and how to burn fat more efficiently. Instructor motivation and great music will energize your indoor ride!

ZUMBA

Experience this fun and easy-to-follow latin style class. You will dance to slow and fast rhythms for a heart-pounding workout. Zumba® is all the rage in latest fitness trends!

BARRE FUSION

This very popular class is non-impact and fat burning, with muscle shaping isometrics. It will target all major muscle groups to improve posture, strength, and stamina. We will be using the ballet barre, light weights, and therabands and loop bands.

BOOTCAMP

Boot camp mixes traditional calisthenic and body weight exercises with high intensity interval training and strength training. These multi-level classes deliver a sweat-drenching, challenging workout with military style drills.

WALK FIT

Walking groups are springing up everywhere since they require no special equipment or training, just a chance to breathe some fresh air and, once again, "get your body off the couch". You will meet at our front counter for a brief introduction, and then the group will travel to a beautiful walking path a mere five minutes from the club. The terrain will be mostly flat so that those with knee issues should not have any problems. All you need to do is dress appropriately for the weather, wear some supportive sneakers, and get ready for a brisk one hour walk, rain or shine.

KIDFIT

Kidfit (ages 7 to 11), Kidfit (ages 4 – 7) are registered programs that run three sessions per year. Kidfit is designed to introduce kids to the world of fitness in a fun and safe way. Basics of cardio, strength, and flexibility are taught through various formats and games. Kids will be introduced to light weights, balls, tubing, bosu, hoops and games as they increase core strength and body awareness. Active kids are healthy kids!

BACK CARE

Back care is a therapeutic style class for those members who suffer chronic back issues, but who also realize the importance of "keeping moving". One of the goals is to correct muscle imbalances while strengthening and stretching muscles which are common culprits.

Working within pain-free range of motion, individual limitations, moving with ease and proper body mechanics are the goals of this ongoing class.