

## Class Description

**Gentle Yoga:** This is an alignment-based class with many therapeutic applications. We work in a slow methodical way to open and integrate the body, improving posture, balance and gait. Come with an open mind. Expect to have fun and leave with greater flexibility and smoother movements.

**Body Sculpt:** This is a cardiovascular strength training class. Build and sculpt muscles, strengthen your core, improve your flexibility while burning fat and calories. This class also helps to prevent osteoporosis while firing up your metabolism, helping you lose weight and inches. Accommodates all fitness levels.

**Low Impact Aerobics:** This class provides specific back exercises and aerobic exercises that increase heart rate for a sustained period of time which increases the flow of blood and nutrients to your back. This supports healing and decreases stiffness in joints. This class is geared towards seniors but anyone is welcomed.

**High-Low Aerobics & Body Sculpt:** Aerobic exercise is a style of physical movement designed to increase heart rate and improve oxygenation throughout the body. This class combines traditional , low impact movements with higher impact strength training to create a comprehensive fitness routine that supports heart health and weight loss.

**Pilates:** We offer Beginner, intermediate and mixed-level classes. You can experience the fundamentals of the method developed by Joseph Pilates. Core strength and stability surrounding a neutral spine will bring a body awareness that will carry you through your daily activities with less stress and more vitality.

**Pilates Fusion:** This class combines elements of mat Pilates, Calisthenics and Hatha Yoga. Hand weights, resistance bands, balls and foam rollers are utilized to achieve greater overall strength and flexibility with a strong emphasis on correct postural alignment with every exercise performed. ([widrickfitness@gmail.com](mailto:widrickfitness@gmail.com))

**Fukien Shaolin Tai Chi:** This class is a soft style short form martial art that is based on deep breathing, slow and gentle coordinated movements. Focusing the mind solely on the movements of the form to help cultivate the Qi (life force) and bring about a state of mental calm and clarity. It is Yang and 8.

**Arthritis Tai Chi:** Tai Chi is an ancient practice proven to reduce pain and improve mental and physical well-being. Based on Sun Style Tai Chi it includes exercises that maintain and improve mobility, balance and breathing. Does not require deep bending and incorporates gentle movement which makes it suitable for most people with physical limitations. The Arthritis Foundation Tai Chi Program uses gentle Tai Chi routines that are safe, easy to learn and suitable for every fitness level. Kathy Smith, certified leader of the Arthritis Foundation Tai Chi Program. [ksmith@newvistas.org](mailto:ksmith@newvistas.org)

\*Chairs are available for those who cannot stand for long periods of time.

**White Dragon Kung Fu:** Northern Shaolin Five Animal Kung Fu techniques are derived from the five animals; Snake (Suppleness, speed and accuracy), Tiger (tenacity and power), Crane (grace and self-control), Leopard (speed and strength) and the Dragon (knowledge and power).

**Hatha Yoga:** Incorporates relaxation (savasana), breathing exercises (pranayama), and poses (asanas) to help you build strength, improve flexibility and calm your mind by learning to center yourself and regulate your breathing. Ha- means sun and - tha means moon. Yoga means union between mind, body and spirit, uniting these aspects of yourself to work in balance and harmony.

**World Beat Cardio Jam:** Strong cardio dance to a wide variety of music: Latin, Reggae, Hip Hop, Funk, Samba, African, etc. Multi-Level class with fun and challenging steps. Minimal warm up and moderate to fast pace. Get ready to sweat and smile.

**Modern Jazz:** Fun and engaging, this class is for trained and the less experienced dancers. Technical warm-up (isolations, plies, contractions, foot work and stretching) is followed by dance choreography in a variety of styles and moods. Come Join Us!.