

# BEACHSIDE HEALTH STUDIO

## Group Class Descriptions

- **Fitness/Running Circuit:** Intermediate Levels. Full body strengthening program incorporating cardio endurance (including running), resistive exercises, plyometrics, core stability, and flexibility.
- **Home Exercise Progression:** Beginner to Intermediate Level. Full body strengthening and stretching, with the use of weights, cardio equipment. Highly adaptable to all individuals.
- **Beginner Fitness:** A true beginner's class, perfect for any age! An introduction in to light strength based training and stretching. Gently work and stretch the body with the use of light weights and resistance bands.
- **Level 1 Yoga:** Beginner Level. Hatha Yoga tries to achieve balance between body and mind, as well as attempts to free the more subtle spiritual elements of the mind through physical poses.
- **Level 2 Yoga:** Intermediate Level. Vinyasa Flow Yoga is "breath-synchronized movement." This style allows for a lot of variety including stretching along side strengthening movements.
- **TRX® (Total Resistance Exercise):** Suspension Training® exercises. This is a total body training and strengthening class that brings your performance to the next level.
- **Pilates:** An exercise system developed in the early 20<sup>th</sup> century focused on core control along side full body strengthening and flexibility. Designed to create a balanced body leading to physical and mental relaxation.
- **Qigong:** An Ancient Chinese art form, the mother of Tai Chi and Acupuncture, that combines slow breath and slow movement to harness the power of Chi. Benefits include stress reduction, improved immune function, and increased function of circulatory, respiratory and digestive system.