

Class Descriptions

Aqua: Take your workout to the water! Train both strength and aerobic conditioning while sparing your joints any impact.

Butts & Guts: Want a defined behind? Try this 40 minute bake-those-buns-till-you're-done, intense lower body workout. Add this with a 10 minute core workout and finish it off with a 10 minute stretch. **Now an additional 15 minutes of arms!!**

Buns & Guns: 75 minutes dedicated to working your lower body and upper body at the same time. Sculpt and tone your entire body while challenging your balance and kicking up a sweat.

Cardio Box: This class is lead by a US Olympic boxer! If you ever wanted to know how it feels to put on a pair of gloves and box this class is for you! This is a non contact class and all levels are welcomed. This is a 90-minute class

Circuit Training a class done in the weight room for an hour of strength training, education, and a full body workout.

Meets on the cardio mezzanine. **This class is lead by a Personal Trainer.**

Core & More: Pilates influenced core work with new work each week. This class will cater to members needs. A variety of props will be used to enhance your experience.

Core & Restore: Restore you body's natural balance with this yoga based class. Increase flexibility, realign imbalances and recover from other workouts! Class winds down with deep relaxation and breathing exercises, leaving the mind calm and the body relaxed.

F.I.T. (Functionally Integrated Training)A comprehensive program for all fitness levels designed to improve your health and wellness which incorporates muscle targeting exercises with heart healthy cardio challenges. If you want to improve your BMI and sculpt your muscles, this class is a mustso get F.I.T.

Moving Pain Free: The Feldenkrais Method is a simple effortless movement class that will free you from pain while increasing your range of motion bringing you to a level of awareness where you LEARN how to let go of excess effort and discover your body's freedom to move.

OASIS: Older adults staying in shape This one-hour class done in a safe, friendly and fun environment. This class will emphasize balance, coordination and strength. Whether or not you have a current workout routine or have just joined our gym, this is a class you must try!

Painfree Posture: A series of stretches and gentle exercises designed specifically to strengthen specific muscles and bring back proper body alignment and function.

Pilates Mat: This class will increase flexibility and strengthen the body's core to create a uniformly developed and flexible body. The class is based on the work of Joseph Pilates. **Taught by certified Pilate's instructors.**

Pilate's w/Props: This class will increase flexibility and strengthen the body's core to create a uniformly developed and flexible body with a variety of props to add variety and challenge

Power Tone: Strength conditioning class designed to work all major muscle groups. This class uses body bars, dumbbells, dynabands, medicine balls, resist-a-balls, and/or steps. **Strength training is an essential part of a balanced workout program.** You will leave this class knowing you worked every muscle. Suitable for all levels.

Sets & Reps: An instructor guides you though a similar workout that you would do in the gym with 12 to 20 reps done in a two to three set format. **Looking to tone and not bulk this class is for you!**

Spin with Schwinn: Ride with an instructor for an hour of one of the best aerobic workouts available. Classes are designed for the cyclist that wants to burn calories with motivating music to help you pedal, pedal, pedal! **Burn around 600 calories a class.**

Strength/Sports Conditioning: A progressive class with core training based on the balance and strength needed for outdoor sports. All levels of fitness welcomed.

Strength Circuit: Want to get strong and do it in an hour. This class works everybody part set up in a circuit format to keep you moving and burning calories.

Step-N-Core: A 75 minute high-cardio class with fun choreographed moves on and around the step with body toning, core-strengthening and stretching. Suitable for all levels.

Trekking: Time to take it outside! Enjoy the beautiful trails of Park City with this Hike/ Run class! This class meets at a different location every week! Suitable for all levels. Wear appropriate attire for current weather conditions. Contact the front desk or Teresa with a any questions (435) 901-1452

TRX: TRX is a suspension training system that will make your body your ultimate machine! This is a fee based group session and is suitable for all levels of fitness. Contact either Anna 435-575-8225 or Josh 435-962-0879for details.

Vinyasa "Heated" Yoga: This class explores the stages of asana and helps develop and expand range of motion. The focus is on linking breath to movement, concentrating on floating, arm balances, inversions, and core cultivation within challenging sequences. Linking traditional yoga poses together with gentle transitions to leave you energized and massaged.

Yoga Basics: This class is for everyone who would enjoy a gentle, slow-paced, thoughtful and thorough yoga class, to help release stress while you increase flexibility and strength. Pregnant welcome as well.

Yoga Core: A fluid form of yoga based upon toning the abdominal wall and strengthening your inner core resulting in better posture, flexibility and self confidence. Levels I and II described below.

Yoga Flow: An athletic form of yoga where each pose blends effortlessly into the next, building long lean muscle and flexibility. Geared toward those who want to improve strength and flexibility. Class winds down with deep relaxation and breathing exercises, leaving the mind calm and the body relaxed.

Yoga Strength: Combine the flow and breath of Yoga with increasing body strength and you have yoga strength a level II class.

Weight Room 101. This monthly class is taught by a certified Personal Trainer and is great for new members or anyone not already doing a regular weight-training regime. This is your chance to ask questions about how to use specific pieces of equipment as well as to learn proper form and how to correctly use weight machines and plyometric equipment. Meets in Weight Room.

ZUMBA!!! Ditch the Workout. Join the Party! A Latin fat-burning dance with motivating music and lots of variety. Come ready to have fun and move your hips! **Beginners Welcomed!**