

Zenergy Class Descriptions

208.725.0595

GROUP FITNESS

Athletic Step - High intensity interval training combined with high energy step choreography make this a fat blasting and muscle defining superstar.

BodyAttack- The high energy, sports inspired cardio workout that builds strength and stamina. This class is a massive calorie burner!

BodyPump - is a 60-minute group fitness weight lifting workout featuring great music, great instructors, and great results! Whether you're new to resistance training or an avid lifter, this class can make a difference.

Cardio Tennis - The high energy fitness class that combines the best features of tennis with cardiovascular exercise to deliver the ultimate, full body, calorie burning aerobic workout.

Chi Gong - Calm the mind while enhancing energy, strength and balance. Class incorporates both movement and meditation.

Circuit Training - Cardiovascular and strength training rolled into one intense hour. Participants perform short intervals of exercises designed to strengthen and tone every muscle group while keeping the heart rate in each individual's training zone.

Indoor Cycling (HZT) Heart Zone Training - This indoor cycling class focuses on interval training and monitoring the heart rate, while you ride. Heart rate monitors are required, and are available for purchase at the front desk.

Indoor Cycling - Be in control while learning more about indoor cycling as it relates to outdoor training. This class involves group visualization, emphasis on individual technique and great music.

Pilates Mat - The work of Joseph Pilates taught without traditional props. Work those deep core muscles, which generate the body's power to move in a strong and graceful way, combining precision with breathing. Learn unified body movement, lengthen, and strengthen your muscles, improve core stabilization. Pilates is a truly unique and effective workout.

Soo Bahk Do -is a discipline and an art form. It is the style or way in which we train. It is a hard as well as soft style that employs a wide range of stretching, breathing as well as combative techniques. Oliver Whitcomb, Chief Instructor, has trained consistently in the art of Soo Bahk Do since 1979. He is a nationally certified master level instructor. Clinics are offered for kids ages 5-12 in the Fall, Winter, and Spring.

Suunto Fitness Solution Indoor Cycling - Using a Suunto heart rate belt, control your training intensity through the visualization of your performance. Receive the personal feedback report to see the results. Suunto Belts are available for purchase at the front desk.

Tai Chi - A healing martial art that combines different movements with energy circulation, breathing, and stretching techniques.

Zumba - A great way to get fit in body, mind and spirit to the tune of great music. Get your body moving and find a groove you never knew you had. A heart pumping class, with a Latin flair — sure to give you an upbeat outlook on the day. All fitness levels invited.

YOGA

All Levels - This class focuses on the integration of classical Yoga philosophy and practices with contemporary alignment principles. This class is designed to purify and strengthen body, breath and mind.

All Levels Flow - Yoga postures are linked together with movement and breath awareness. Students find that their strength and flexibility are improved, both on the physical and mental level.

Gentle Yoga- Level I & II class introducing basic yoga postures through gentle movements. This class is excellent for beginners, those with injuries, and people seeking a soft approach to opening the body through yoga-based stretches.

Gentle Yoga Stretch - Great for the tight athlete. Emphasis is on opening the back, hips and shoulders, and lengthening the hamstrings and quadriceps. No standing poses.

Guided Meditation All levels Yoga - This guided practice of meditation will impart life skills for relaxation techniques and stabilization of mental focus.

Hot Yoga - This is a series of yoga postures done in a heated room (approximately 105 degrees). The combination of the heat and the sequence of postures are designed to promote flexibility, increase strength and rid the body of toxins. The sequence includes some flow, strength series, hip openers, and spine strengtheners. This practice is excellent for anyone wishing to improve overall conditioning, increase metabolic function and immune system and overall sense of well being.

Intermediate - Not for beginners, this class includes inversions, arm balances and back bends. We will explore the fundamentals which create a strong foundation, allowing the student to experience tranquility of mind while disarming obstacles.

Restorative Yoga - All levels. Relax and renew with calming movements, supported postures and sound therapy nurturing mind, body, and spirit.

Soul Flow Yoga - All levels flow to the sounds of contemporary music.

Sport Stretch/Foam Roller- Learn self myofascial release techniques. Use your own body weight to massage, improve flexibility, and reduce likelihood of injuries.

Aqua Fit- Emphasis is on strengthening the core while enjoying a fast paced workout in shallow and deep water while using all major muscle groups. Instruction is given from pool deck to maximize your experience.

Masters - All levels and abilities encouraged to participate. Swim coaches will be on at each class Monday-Friday to guide you through a challenging workout. Whether your goal is stroke improvement or mileage for competition, master swim will help you achieve your potential.

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