

## VIRTUAL FITNESS CLASSES THROUGH ARLINGTON RECREATION WINTER 2020

### *General Class Descriptions*

**Barre** – Attention to functional alignment, small precise movements and focus on one set of muscle groups at a time make it the most efficient and resulted oriented workout. Using repetitive, small movements that will bring your muscles to their edge and allow them to tone and strengthen. The class also has elements of cardio and stretching so you will fee full body fit. Some light weights, bands and balls can be used.

**BollyX** – Bollywood-inspired dance fitness program that combines dynamic choreography with the hottest music for around the world. It's hour cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating and smiling.

**Full Body Muscle** – This Full Body class relies on creative movements and is form focused. This class will challenge your body in an effective, safe, and creative format. Each circuit is choreographed to work specific muscles building on strength to become stronger and more powerful. Light to medium weights. Can also use just body weight.

**HIIT – Low Impact Express** – HIIT Cardio is excellent for burning fat, boosting endurance, and even building lean muscle. The moves we use are great for increasing coordination, metabolism, and improve cardiac function, produce faster gains in endurance levels than steady state cardio training. Some lights may be used. Short on time, but you want a quick effective workout!

**HIIT and Low Impact Full Body Circuit** – 20 Minutes of Low Impact HIIT and then all the of the muscles- lower, upper and core will be at least lightly worked throughout this routine, but the butt and thighs are what take the brunt of the punishment. You maybe cursing your instructor, but you will love the burn and the results.

**Lets' Lift** – Full on strength exercises using your bodyweight, dumbbells and other fun fitness toys, you will sweat and smile and leave feeling more amazing than ever.

**Mat Pilates** – Done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resistance movement to build core strength, and lengthening. The mat floor exercises may also be combined with weights, bands and balls.

**Myofascial Restorative Bodywork Class-** In this class, you will experience how myofascial restorative bodywork can help you release stress and regain vitality. The instructor will familiarize you with the structure of your body called fascia that houses your muscles (myo), and help you to utilize tools to release restrictions in that structure that can cause misalignment, compensation patterns, aches and pains, and loss of range of motion to name a few. This class will help open up space in your structure so the systems within can work as they are meant to. You will leave with the ability to breathe more easily, increase circulation, balance hormones, and relieve aches and pains. As the structure of your body opens up, this will allow you to better enjoy more vigorous classes and activities.

**Slow Flow Deep Stretch Yoga-** An active stretching class that targets primary muscle groups surrounding the hips, hamstrings and upper back. This class begins with warm-up movements to build heat and prepare the muscles for stretching. Most poses are done on the floor and held for 1-2 minutes. Slow flow classes can also use a combination of Vinyasa Flow and Hatha yoga.

**Tabata** – High-intensity interval training, a cardiovascular exercise strategy alternation short periods of intense anaerobic exercises with less intense recovery periods. You push yourself as hard as you can for 20 seconds and rest for 10 seconds

**Total Body Conditioning** - This full body fun workout is designed to increase strength, mobility, stability and endurance delivering total body conditioning, core challenges, and mental training that will leave you feeling like a champion and happy. Light weights or household items can be used.

**Zumba** - Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.