



WALDORF ASTORIA®

SPA

Kinesis ~

Kinesis classes are an innovation in exercise providing a unique workout experience for improving movement skill and body conditioning. The class will incorporate strength, cardio and stability.

Circuit City ~ Circuit, Circuit, Circuit

This class is rated "Instructor Discretion". This class is meant to push you to new limits using cardio and strength intervals. Sprints, lifts, or jumps, you name it, you might have to do it. Bring your energy - you'll need it.

Challenging? Of course! Fun...Always!

Total Body Conditioning (TBC) ~ Strength, Agility, Form

This class is all strength with an emphasis on agility. Through agility, you'll learn how to make your body work using strength through movement versus repetition.

Kick Boxing ~ Punch, Kick, Jump

This class is the perfect stress release. An intense cardio class packed with shadow boxing, cardio combat, strikes and kicks. A slammin' fun time guaranteed to get your heart rate up and your body energized.

Re-Cycle ~ Redirect, Recharge, Renew

Shift the mentality of a traditional cycle class by broadening the mind, pushing the limits of the body and feeding the soul. Look down your road, draw your map, create your ride and travel with our team to get the ultimate rewards.

BOSU: Multiplicity ~ Balance, Jump, Stabilize

Adult gym class is in session. The BOSU class is designed to challenge physical as well as mental coordination.

Classes are taught on the BOSU focusing on strength and cardio. The BOSU adds that extra level of stabilization to challenge core stability.

HIIT & Tabata ~ High Intensity Interval Training

Bring your "A" game to these classes. Come ready to push your body to the next threshold. HIIT and Tabata are geared for maximal efforts with small recovery times. These classes aren't intended for daily use, two or three times weekly followed with good recovery and steady state work outs for best results.

STOTT Mat Pilates ~ Fluidity, Connection, Concentration

Mat Pilates is a progressive repertoire of exercises focusing on core, shoulder and hip stability resulting in a balanced and aligned body. Not only will your body be stronger, you'll feel great and be better equipped to take on all your other adventures.

Yoga ~ Breath, Strength, Stretch

Achieve self-awareness through breath, movement and meditation. Inhale as you allow yourself to restore, rejuvenate and replenish the self. Exhale as you allow yourself to release and be balanced.

Mellow: restorative Push: power and agility Yoga: personalized to class

ZEN*GA® ~ Mindful Movement

Enjoy a unique blend of the foundational principles of yoga and STOTT Pilates. This is an innovative fusion workout that focuses on clarity of the mind, core stability, stamina and resilience.

Stretch & Stability and Core Connection ~ Enhance, Center, Explore

Find your core strength, stability and energy. Balance, agility and focus are tested and enhanced through this movement adventure. Functional strength, the strength we use in our daily lives, is increased and consistently challenged.

Zumba® ~ Dance

Whether or not you have rhythm, this class is a blast! Let yourself go, feel the beat, moves those hips as you work that body. Plan on working hard and leaving with a smile, this class is a hit.

SEASONAL CLASSES:

Hit the Hills ~ Walk, Run, Sprint

This is no walk in the park. Each outdoor workout offers interval training, core challenge, total body conditioning and fun in the sun. Bring water, wear layers and don't forget the sunscreen. Give it all you have for 45-50 minutes, return for a core workout and finish with a stretch.

SUP Circuit ~ Swim, Relay, Play

It is time for the adults to make a splash. The pool is the ultimate challenge for total body resistance. Whether training for the lake or just wanting great workout, this class will challenge strength, core and stability!