

### WFCC Class Descriptions:

**ABS and Rock Bottoms:** This fun packed class is designed to tone, build and strengthen the abdominal muscles and entire lower body: This class is perfect for all levels and finishes with a full body stretch at the end.

**Barre:** A hybrid workout using your body weight, body bars, light weights and a mat combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Recommended for all levels.

**BootCamp:** A military-inspired circuit workout that commands power, strength and agility. As you maneuver your way through each workout station, you'll lunge, crunch, and box your way to a full body workout. Great for all levels.

**Cardio Kickboxing:** This high-energy class challenges beginner and elite athletes alike. Expect several rounds of higher intensity intervals where you will be punching, kicking or doing a combination of both. Develop endurance, coordination, flexibility and burn calories with this fun and challenging workout!

**Cardio Mix:** A blend of hi-low impact aerobics, step, athletic moves, Box Fit & more, this class offers a variety of cardiovascular-based exercises, elevating your heart rate while increasing your endurance.

**Cycle:** Our Cycle classes are one of the most effective and enjoyable ways of getting an awesome cardiovascular workout. Designed for all ages and fitness level, time flies as you pedal through climbs, sprints and other challenging intervals and drills.

**Cycle & Strength 50/50:** Tight on time? Can't choose between cardio or weights today? This class is perfect for you: A great high intensity cardio workout on the bike followed by an efficient full body strength workout.

**Dance HIIT: NEW!!!** Dance intervals to challenge your cardio respiratory fitness! Dance-type strength moves to challenge your muscles and balance! This high energy, fun workout takes everything you love about a dance class and layers in some additional fitness benefits.

**HIIT:** This dynamic, full body workout builds cardiovascular fitness while improving muscular strength and endurance. Intervals jump from high to low intensity to strength and core work to keep your body guessing. HIIT can be added to anyone's cardio program regardless of fitness level, including beginners, athletes of all levels and fitness enthusiasts.

**Latin Dance Cardio:** This class is a groovy sweat heavy class inspired by the Latin and Urban flavour rhythms of Reggaeton, Dancehall, Salsa, Bachata and more! You will burn calories, strengthen the core and tone muscles all while having a blast dancing to Latin music. NOT to be confused with Zumba, Latin Dance Cardio offers a different variety of dynamic body movements choreographed by the instructor to make every class exciting and different.

**Muscle Mix:** This resistance training-based class uses bands and body weight exercise to develop muscular endurance, strength, balance, agility and more. Regular strength training helps to reduce body fat, preserve your muscle mass and bone density. A benefit for all ages and all fitness levels.

**Nia:** Combining movements and philosophies from dance, martial arts and Yoga, the Nia Technique offers an expressive body-mind movement and lifestyle practice, embracing fitness and health. Achieve cardiovascular conditioning, strength, flexibility, balance, grace, endurance, relaxation and agility, as well as personal growth and healing.

**On The Ball:** Big balls, little balls, weighted balls, and stability balls: Experience the challenge of taking routines with a ball to new dimensions. This class combines aerobic moves, strength training and core conditioning. You are bound to have a Ball!

**Pilates:** This mat-based class focuses on the core postural muscles essential for supporting for the spine and keeping the body balanced. Exercises teach awareness of breath, alignment of the spine, and aim to strengthen the deep torso muscles. Great for all levels.

**Soca Wukkup:** A cardio dance class that welcomes all fitness levels that just want to have fun! It consists of full body movement to the beat of Soca music. You will enjoy the music mixed with East Indian rhythms, African rhythms and Calypso rhythms to create high power jump music. You don't have to have dancing skills, just know how to HAVE FUN. Bring a friend or meet a new friend in class.

**SoulBody Barre:** This unique, mindful, full-body workout combines principles of Pilates, Yoga, dance and traditional interval strength training to offer an athletic training experience that develops mobility, strength and endurance.

**Step:** This choreographed class uses a platform (step) to strengthen your glutes and legs, help build stamina and increase endurance! Low and high options make it a great option for anyone looking for a fun cardiovascular workout!

**Stretch and Restore:** This gentle, slow-paced class is designed to help heal the effects of chronic stress due to our fast pace and busy lives. Special attention will be placed on alignment and relaxation through proper use of the breath.

**Strong Nation™:** This dynamic class combines body weight, muscle conditioning, cardio and plyometric training moves synced to specifically designed, original music. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

**Strong30™:** This 30-minute Strong Nation™ option packs a total-body workout into 30 minutes. Efficient and focused, this class helps fit fitness into any schedule.

**Total Core:** This class incorporates a wide variety of core stability and strength exercises to keep you balanced, safe and powerful. This class will finish with a relaxing stretch at the end!

**Warrior™:** The Warrior Workout (R) is a practice of mind-body connection and paying attention to how you feel. The class is taught in alternating rounds of Martial Arts and Functional Fitness. This is for all levels.

**Zumba®:** A fitness workout combining Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - to help improve cardiovascular fitness.

## **Yoga:**

**Gentle Hatha :** This gentle paced class is perfect for beginners and anyone wanting to develop a strong practice over time. You will mindfully flow through traditional Hatha poses, both strengthening and stretching the body. The instructor focuses on cueing proper alignment and functional movement, so you can learn the safest way to practice for your unique body. Many modifications are given to support existing limitations, as you build a strong, knowledgeable foundation to your yoga practice. Expect to leave feeling open and aligned.

**Hatha Yoga:** A graceful class aimed to strengthen and yoke the mind and body. Hatha has hundreds of poses to promote stronger and more flexible tissue and thoughts. You will leave the flow feeling confident and mindful.

**Restorative Yoga:** This heavily propped style of yoga promotes mental, physical and emotional relaxation. The benefit is given away in the name as it literally restores the mind and body. You will leave feeling light and relaxed.

**Top 40 Power Yoga:** This is not a traditional yoga class! Let music guide your body in this fun flowing practice. You will be guided through strong Hatha and Vinyasa poses, set to top 40s music. Be prepared to sweat to your favourite pop, hip hop and R and B hits.

**Vinyasa Yoga:** This is a powerful flow where the breath guides you through each movement and transition seamlessly. Your endurance will be tested in this fast-paced flow so be ready to sweat!

**Warrior® Tai Chi Yoga:** is a unique combination of Tai Chi and Yoga set to powerful music designed to quiet the mind and increase flexibility, strength, and balance. It is designed for all levels, and no previous experience in Tai Chi or Yoga is required.

**Yin yoga:** Yin is a slow-paced style of yoga that incorporates the principles of Chinese medicine, along with postures that are held for a long time. This is to target and release deep connective tissue in the body. It is a more passive practice, traditionally focused anatomically from navel to knee, however the yin principles can be used on the upper body as well. You will feel increased joint mobility and lubrication through the body.

**Yin yang yoga:** This class will blend the Hatha and Yin styles together, allowing you to explore the duality between the two opposite styles. The class begins with Hatha poses and changes to Yin poses half way through. The body and mind feel balanced and energized.