

Fitness Program Descriptions

Jazzercise

JAZZERCISE

When you love your workout, results come easy! Jazzercise blends jazz dance, pilates, hip-hop, kickboxing movements & strength training into fun dance routines set to fresh music. **CARDIO – STRENGTH – STRETCH**. All fitness levels welcome!

Tai Chi

INTRO TO TAI CHI

Learn the basics of Tai Chi Chuan, an ancient, Taoist moving meditation and martial art practiced to enhance well-being. The class will learn a series of gentle movements and postures that foster balance, mental focus, and relaxation. Beginners are welcome.

Yoga

MULTI-LEVEL HATHA YOGA

All levels are welcome for this mixed level yoga class. Explore different poses, mindful breathing and meditation from a variety of yoga traditions as you improve strength and flexibility, then enjoy a period of deep relaxation at the end of each class. Modifications will be offered for students practicing at different skill levels. Yoga mat and props are provided during class or bring your own. Classes meet at Shenandoah Yoga (135 S. Main Street).

INTERMEDIATE VINYASA FLOW YOGA

Deepen your yoga practice with a vigorous flowing yoga class. We'll build strength and flexibility and playfully practice many different poses and sequences. Develop your coordination of breath and movement in a kind of moving meditation, then relax deeply into stillness at the end of each class. Some prior yoga experience and ability to perform modified or full sun salutations is recommended. Yoga mat and props are provided during class or bring your own. Classes meet at Shenandoah Yoga (135 S. Main Street).



MULTI-LEVEL VINYASA FLOW YOGA

Movement between poses and within poses is synchronized with the breath. Practice a variety of yoga poses and move into and out of them in a mindful way, creating a moving meditation that ends with a delicious period of relaxation. All levels are welcome for this mixed level class - instructor will teach proper alignment and offer modifications to accommodate students of various skill levels. Yoga mat and props are provided during class or bring your own. Classes meet at Shenandoah Yoga (135 S. Main Street).

Zumba

ZUMBA® FITNESS CLASS

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: work out, love working out and get hooked. Features interval training session using fast and slow rhythms and resistance training to tone and sculpt your body while burning fat. Classes meet twice a week.

ZUMBA® SENTAO

Zumba Sentao™- the latest from Zumba Fitness, transforms a chair into a dance and workout partner. The high intensity program strengthens your core, burns calories and sculpts muscle. Transform your cardio workout with targeted resistance training while dancing to your favorite Latin rhythms.

