

FITNESS CLASS DESCRIPTIONS

Back Care Support: Yoga and Pilates will be incorporated to assist with strengthening back muscles that support the spine, improving posture, body mechanics and alignment, and reducing stress and tension that can accompany pain.

Body Sculpt: Designed to strengthen and tone core muscles from head to toe using a variety of equipment including dumbbell weights, resistance bands and stability balls. Benefits include increased muscle strength and toning as well as lowering your risk for bone loss. All fitness levels are welcome.

Bootcamp: Achieve maximum calorie expenditure and burn off unwanted weight to quickly kick your body into shape.

Cardio Core: Targets all the components of fitness in one class! Half the class will be dedicated to cardio formats and the other half to core strengthening.

Cardio Fusion: This class will keep your heart pumping and your body moving while keeping the exercises innovative, challenging and fun!

Cardio Tone: A class guaranteed to keep you on your toes. Participants will use a variety of different cardiovascular and muscle strengthening techniques to give your body the challenge it needs.

Chair Yoga: Chair yoga is a great way for those with limited mobility to reap all the benefits of yoga in a safe environment. Most positions are performed in a chair, and those who are able to stand can perform modified standing poses using a chair for balance.

Cross Fire: High intensity cardio intervals and strength moves will burn fat, crush calories and build lean muscle. Tabata blasts are incorporated into this workout and class ends with abs and stretching

Cross Training: Uses a combination of exercises to work various parts of the body. This class includes both muscle strengthening and cardio training to achieve fast results

Dynamic Stretch: A 30 minute deep stretch class that incorporates standing and seated positions to open and lengthen the muscles from all angles. A wonderful and important compliment to your regular exercise routine to help you stay injury and pain free.

Fit Camp: This class combines intervals of cardio drills and strength training to provide you with the ultimate workout. This basic training style includes calisthenics, athletic drills, plyometrics, body weight exercises. This class is packed with lots of variety and tons of fun. Expect the unexpected while burning lots of calories!

Functionally Fit: This one hour energetic class includes warm up, cool down, aerobic exercise, strength training and stretching.

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High Intensity Interval Training: HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications for all fitness levels are provided.

Insanity™: A revolutionary cardio-based total body conditioning program based on the principles of MAX interval training. This training method gives you new interval heights, resulting in more calories burned, faster results, and a more efficient metabolism.

Karate for Kids: This class is specifically designed to give children a chance to acquire a foundation of skills in an ancient art. Through these classes children will enhance their physical conditioning and well-being while also developing better self esteem and mental focus.

Level 1 Yoga: A typical Level 1 class consists of breath work, guided meditation and basic postures (with modifications based on the student's ability). Level 1 Yoga is suitable for beginners as well as special populations.

Lower Body Blast: Blast your body into its best shape ever. This class will work on toning your entire lower body to achieve the results you're looking for.

Pilates: This class is a body conditioning technique designed to stretch, strengthen, and tighten. Benefits include weight loss, increased metabolism, body conditioning and toning/strengthening of core muscles within the chest, abs, back, and legs.

Step Interval: A combination of a cardio step mixed with with strength training to provide a total body workout.

Stroller Strides: Stroller-based fitness program designed for moms with little ones. Each 60-minute, total body workout includes power walking, strength, toning, songs and activities. (Separate membership through Fit4mom.com)

Tai Chi: Tai Chi is a mind/body, self-healing system that uses movement, meditation, and breathing to improve balance, health and well-being.

Theraband Fitness: Exercise classes are designed to improve balance, strength and stability.

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TRX: Build total body strength and muscular endurance through body weight exercises on the TRX suspension system. Physical results can be seen in as little as 6 weeks. Benefits include increased total-body flexibility, mobility, core strength, and stability.

Ultimate Conditioning: This workout includes conditioning, cardio and core. This means the heart rate is elevated; the muscles are doing a variety of movements including some strength, endurance, plyometric, core & stability. Great for shaping up and burning calories!

Yogalates: This class combines slow controlled breathing and stretching of yoga with the core tightening and strengthening of Pilates. Benefits include weight loss, increased metabolism, body conditioning and strengthening of core muscles within the chest, abs, back, and legs.

Yoga for Women's Cancer Survivors: This restorative yoga class calms the mind, body, and spirit for patients dealing with cancer diagnosis and treatment. Medical clearance by your physician is required. Funded by the Coalition for Women's Cancers at Southampton Hospital.

Zumba: This class fuses easy-to-follow dance moves with Latin rhythms to create a one-of-a-kind fitness program that will burn away fat and sculpt your body. Common routines feature interval training sessions with both slow and fast rhythms to tone up your body and increase cardiovascular health. Benefits include increased balance, coordination, energy, and faster metabolism as well as weight loss and better cardiovascular health.

*For information and class schedules, please call (631) 728-WELL or visit
www.hamptonswellnessinstitute.org.*