



Reserve Fitness Class Descriptions

Circuit Training with Ator

This class is a total body workout! We will use resistance and cardio training techniques to improve your cardio endurance and help you build strength and muscular endurance. Circuit training allows you to fit a huge variety of movements into your workout for a full body challenge, and none of the boredom that can come with repetitive exercises.

Vinyasa Flow with Karen

The word Vinyasa means “breath- synchronized movement”. In this class you will be instructed to move from one yoga posture to the next, creating a smooth flow. This class is designed for those who would like to challenge their strength, flexibility and balance. Each week, we will introduce new postures into our practice. In addition, we will close this challenging, yoga practice with time for relaxation and meditation.

Low Impact with Ator

This class is great for beginners and occasional exercisers. You get to control you own speed. The class is composed of gentle movements that do not involve sprints, and jumps. This class focuses primary on slow movements that will get you to engage and build muscles in a safe and effective way.

Yoga Basics with Karen

This class is designed for those newer to yoga. Taught in a workshop setting, this class introduces foundational yoga postures, teaches you how to breathe, and helps you feel more comfortable in the yoga setting. Each week a new posture will be introduced and we will practice these postures together in a supportive and encouraging way. This is a slow paced class and is perfect for those that wan to begin their yoga journey.

(LIIT) Low Impact Interval Training with Christy

LIIT training focuses on your form, proper range and focus. LIIT is about slower-tempo movements done with great intention. Focusing on specific muscles increases the muscle response, or tightening, which will increase your results. The emphasis in LIIT is on your engagement with the exercise, while protecting yourself from joint strain and injury. LIIT is also perfect for those who normally engage in a high-intensity training program but need a break. This includes those people with an injury who want to get back to exercise, but have restrictions on their activities while they recover. Others may need a simple change of pace to stay engaged with their commitment to exercise on a regular basis.

Muscle Balance with Jennifer

Muscle Balance focuses on working every aspect of each muscle group to encourage growth in strength, endurance and balance. This type of workout aims to protect tendons and ligaments from injury, and create a beautiful physique. Focusing on a set of muscle groups each class, Jennifer takes you through a muscle pump that is sure to leave your muscles satisfyingly sore. This class is suitable for all fitness levels.

Yin Yoga with Caron

This class is designed for those who would like to introduce their bodies to a deeper, therapeutic stretch. Through the use of mindful, quiet and supportive postures that are held from 3 to 5 minutes; we will encourage our bodies to sink deep into the joints and their surrounding tissues to create space. Our goal will be to increase our range of motion and to ease the tension that binds us in daily activities. In this safe, nurturing class; we will begin to explore our inner self, both anatomically and spiritually.

Functional Core and Stretch with Christy

This generalized training program is designed to assist in building strength and bring you to an acceptable level of core stability and function. We will incorporate movements that force you to engage your core and increase your balance. The second part of the class will be a deep stretch to loosen muscles, allowing for optimal blood flow and lactic acid release.

Vinyasa Flow with Nancy

The word Vinyasa means “breath- synchronized movement”. In this class you will be instructed to move from one yoga posture to the next, creating a smooth flow. This class is designed for those who would like to challenge their strength, flexibility and balance. Each week, we will introduce new postures into our practice. In addition, we will close this challenging, yoga practice with time for relaxation and meditation.

Mystery Class with Christy

This class style, format and equipment will change weekly. This allows for a fun environment with an element of surprise. All classes will have modifications for all fitness levels. We will explore exercises that focus on muscle strength, cardio endurance and flexibility.

Cardio Dance with Karen

Come join Karen Kelly for an energetic, fun class. Karen will introduce and teach her very own choreography to some of your favorite tunes. This movement class promises to kick up your cardio vascular system, place a smile on your face, and bring laughter into your life. This 45 minute class ends with 10 minutes of mindful stretch.

Therapeutic Yoga with Karen

This therapeutic practice is designed for those that would like to renew their bodies in a supportive and safe class setting. Through the use of mindful, appropriate movements and breath awareness; we will encourage the body to move comfortably and safely. Our focus will be on reducing stress, anxiety and fatigue in a safe, supportive manner. Our goal will be to increase range of motion, deepen concentration, relieve chronic pain and increase lung capacity.

Men's Sport Stretch with Karen

This class is designed for those who want a gentle and slower paced class. WE will safely work on encouraging the tissues to deeply stretch, thus increasing our range of motion and flexibility. This class is also perfect for yoga practitioners, from the beginner to the advanced student. Runners, tennis player, golfers and other athletes will enjoy this much needed stretch as an addition to their aerobic activity. This practice is essential in creating a healthy balance within the bodies' tissues.

Mindful Flow and Restore with Caron

In this class we will combine Hatha Yoga poses with breath initiated movement, mindfully observing what we are experiencing as we take time to investigate each pose on a moment to moment basis. Practicing in this way we eventually find ourselves in a nonjudgmental state of heightened awareness experiencing a balance of activity and rest. We will finish class with restorative poses that induce a relaxation response as we cultivate calmness and overall sense of healing and wellbeing. ***Suitable for all fitness levels.***

Kickboxing with Christy

Punch, kick and block your way through this fun and challenging cardiovascular workout. We start each class with a warm up then move into several combination moves that will be combined with shuffling or bouncing. This class will conclude with a 5-7 minute core segment on the floor. Get ready to sweat!!

Yoga Vinyasa Express with Nancy

This 45 minute, invigorating, all-level yoga class will leave you wanting for more. After centering and breath work (Pranayama) you will move through various yoga postures (asanas) in an explorative fashion. Each class will end with stretch work and a final restorative posture (savasana),