

## **B.O.V. Outdoor/Indoor Fitness Class Descriptions NOV-DEC 2021**

**\*All classes are 45 minutes and take place outside under the big canopy, or indoors during inclement weather (masks required whenever indoors)**

**\*You may bring your own mat, towel & water bottle, or use the towels and equipment provided by the club.**

**\*No class limits except for Kidfit which is a maximum of ten kids (first come, first served).**

**\* Masks are required for Kidfit classes, indoor classes and all who are not vaccinated.**

### **Strength and Conditioning**

This class will include a warm-up to increase circulation to all the muscles and tissues. Bodyweight and resistance training is beneficial for all participants, helping to increase bone density and metabolism while improving strength and endurance.

### **Pilates Fusion**

Join us for this powerful mind-body class, that will improve your posture, core and movement efficiency. Working the core from 3 planes of motion will include standing exercises, balance and mat work. Small props including mini sponge balls, therabands, gliders and/or tubing may be incorporated into these classes. Be a better mover!

### **TBC Morning Boost**

This total body conditioning class is a perfect, fun start to your morning activities. We will be doing a light cardio warm-up to increase circulation and heat up the body's muscles and tissues. Following that, there will be specific strength, core and balance exercises to help prevent falls and to target muscles that maintain a healthy spine, ending with stretches.

### **Yoga Stretch**

Learn to incorporate deep breathing during stretches and postures (asanas) that are perfect for beginners and experienced yogis alike. It is not necessary to have yoga experience for this class, just come and enjoy some therapeutic movement, improve your circulation, flexibility and balance through mindful movement.

### **Move It!**

This new class offers a little of everything, so be prepared to move it or lose it! Class will include light cardio and/or dance-like segments, body strength training and dynamic stretching. Give it a try this fall!

### **Aqua Fit**

Join our amazing Aqua instructors for a refreshing thorough pool workout! This class is perfect for those who suffer from arthritis and other joint related issues. Also during this pandemic, it is good to know that viruses do not survive in the chlorinated water so that's a plus!

### **Kidfit (T= ages 6-11 yrs, TH= ages 4-9 yrs)**

Join us outdoors for a fun-filled kids' workout including games and various equipment such as balls and hoops. This class will provide your child with agility, coordination and stress reducing movements to exercise the lungs and body! Take a break from screen time and practice more healthy habits in the fresh air! Please wear your mask, and remember - it's first come, first served for ten kids maximum. Parents must stay on the premises for the duration of class!

### **Spin and Strength**

Back by popular demand is our Sunday morning Cycle class, which will deliver all the benefits of cardio on the bike (with little or no impact on the knees). Part of class will be devoted to body strength and resistance moves using mostly bodyweight training.

### **Roll and Release**

"Roll and Release" is a therapeutic, self-myofascial release class utilizing foam rollers, small balls and massage techniques to hydrate the body's tissue, relieve stress and allow for pain-free range of motion. Deep breathing and mindful floor work will be incorporated to help both pre-hab and re-hab injuries.