

## Class Descriptions

**ការហាត់ប្រាណ តាមសំឡេង (ឆាកាសាខ្មែរ):** A low impact fitness class taught in Khmer with Cambodian music.

**Barre:** Target the entire body using high repetitions and low weight or body weight exercises to reshape your legs, hips, and glutes. Challenge yourself with a workout inspired by Pilates and ballet.

**Balance:** Practice different ways to move and balance. Improve your skills and keep yourself safe!

**Beginner Yoga:** A slower paced flow through sun salutations, and standing postures, geared towards those new to yoga or preferring a gentler practice. Finish with passive long holds to target joints, connective tissues, and fascia.

**Cardio Mix:** A full-body strength and cardio workout. Get your heart rate up and strengthen your body!

**Chair Pose:** A gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. It is being recognized as a type of yoga distinct from other types. All levels welcome.

**Core & More:** This is a full body workout for everyone with an emphasis on core strengthening.

**Functional HIIT:** A fun class designed to train your whole body with functional exercises that use many muscles groups all at once. You will also feel your heart rate go up. It's a good way to start using the weight room.

**Gentle Vinyasa:** A style of yoga in which you move from one pose directly into the next. This class will be an easier pace to prepare your body for the evening.

**Low Impact Workout/Cardio:** Class starts with a warm-up and may include cardio. It will always include low impact strength training with a combination of equipment including resistance tubes with handles, dumbbells, and balls.

**Muscle/Muscle & Cardio:** For people of any exercise background to get in shape without the fear of injury or overexertion. It's as hard as you make it. You'll train strength, or strength mixed with bodyweight cardio intervals.

**Pilates:** This class strengthens all your important core muscles. Basic exercises are taught with a systematic breathing pattern to help create a long, lean body and good posture.

**Slow Flow:** Provides poses that range from gentle to challenging. The pace is slower and emphasizes safe alignment and maintaining a balance of slow breathing. Expect silent periods of reflection and holding poses in place.

**Somatics:** Somatic exercises provide a direct and effective way to reprogram the sensory-motor system, training our brain and body to reconnect again. Participants must be able to get down and up from the floor.

**Teen Girls Fitness:** A group exercise class for teen girls ages 13-17. Instructor will also incorporate conversation about leadership, life and other topics to benefit teens.

**Vinyasa Flow:** A style of yoga in which you move from one pose directly into the next. The specific poses and pace of the flow may vary based on the instructor and the class.

**Yoga:** Bodies have an innate ability to relax if given the chance. Yoga uses a series of easy and supported poses, when held for a long time, under the right conditions, will shift us from "fight or flight" mode into relaxation.

**Zumba/Toning/Gold:** This exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party will move YOU! Zumba Toning utilizes weights. Zumba Gold moves at a slower, but still fun pace with less impact.

**Pound:** A drumming-inspired cardio jam session! Let loose and get energized with this full-body workout.