

## Class Descriptions

**ការហាត់ប្រាណ តាមសំឡេង (ជាភាសាខ្មែរ):** 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:** Focus on breathing, proper alignment, and traditional basic poses.

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

**Chair Pose:** A modified version of traditional yoga done on (or around) a chair for support and balance.

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

**Functional HIIT:** A high-energy class in the weightroom which allows you to train your whole body with functional exercises. That means you'll train many muscle groups all at once. You'll also feel your heart rate go up!

**Gentle Vinyasa:** You'll move from one pose, directly into the next, at a pace appropriate 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 with 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.

**Recess:** An energizing workout combining drills, fitness ball activities, and kickboxing. Enjoy lower body intervals, upper body weights, ab work, and stretching. All levels welcome—let's have fun!

**Slow Flow:** A slower paced yoga that is more meditative, emphasizing flexibility, stability, and strength.

**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.

**Yoga:** Combines breathing and yoga poses to improve flexibility, strength, balance, and mindfulness.

**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.

**Vinyasa Flow:** Connect breath and movement in a dynamic sequence to build strength, flexibility, and mindfulness.