

Curtis Health Zoom Class Descriptions

<u>Class</u>	<u>Description</u> <i>(Classes are for all levels)</i>	<u>Equipment</u> <i>Water bottle & mat recommended for all classes</i>
Stretch Break	Release tension and increase your productivity.	
Cardio HIIT	Prepare to get your heart rate elevated! High Intensity Interval Training in a cardio only format. Exercises will have lower impact options.	
The Works	Get it all! 1/3 Cardio, 1/3 muscle, 1/3 Core & Stretch	Weights Optional
Bodyweight Burner	Get a full body burn using bodyweight only to build stamina and improve muscular endurance.	
Breakfast Club	Come ready for anything and everything, this class offers a variety of formats and has options for every fitness level . Start your day off right!	
Sweat Session	Challenge your stamina in this fast paced class. Expect an eclectic mix of high and low-impact moves, agility, circuits and drills.	
Core & Stretch	Crunch, rotate, and plank your way to a healthier body. A stronger core leads to a decrease in lower back pain and will improve all functional movements. Finish with 15 min deep stretch.	
Guided Meditation	Empowering mindfulness, breathing and meditation techniques with soothing music that will leave you feeling calm, centered and renewed for the rest of your day.	
HIIT	Prepare to sweat with High Intensity Interval Training. All exercises will have lower impact options.	Weights Optional
Pilates	A system of exercises designed to improve physical strength, flexibility, and posture.	
Muscle Up	Target very muscle with an emphasis on form.	Weights Optional
3 x 4	Move at your own pace in this full body workout; 4 sets of 3 exercises including cardio, strength and core.	Weights Optional
Yin Yoga	A perfect complement to the dynamic and muscular (yang) styles of Yoga. Poses are held longer and relaxation is emphasized. Yin generally targets the connective tissues of the hips, pelvis and spine.	
Hatha Yoga	Foundational yoga poses to align, strengthen, and promote flexibility in the body.	
Flow Yoga	An energetic form of Yoga emphasizing fluidity of movement and breath.	
Zumba	A fun combination of latin and international music with dance moves. Includes both fast and slow rhythms to improve cardiovascular fitness.	
Total Body Conditioning	A full body dynamic workout!	Weights Optional