

HIIT - High Intensity Interval Training- HIIT involves short bursts of intense exercise alternated with low-intensity recovery periods. One of the biggest advantages of HIIT is that you can get maximal health benefits in minimal time. This creative and fast paced interval class might use equipment and sometimes body weight alone.

Pilates- provides overall strengthening, toning, and stretching engaging the body's core. (Low impact)

Spin class- An instructor guides you through the workout phases. The workout will be set to motivating music and will be a combination of warm-up, steady up-tempo that runs through sprints, climbs and cool downs, etc... You have control over the intensity of your own bike throughout. *Prior sign up is required.

Senior Stretch- A Relaxing and restorative full body stretch incorporating static and dynamic stretches. This class works on improving posture, flexibility, and range of motion. (Occasional floor work with a foam roller, please bring a yoga mat to each class)

Cardio X-Training - Get ready to sweat in Cardio X-Training! A 45-minute Boot-Camp style format that includes cardio, strength and flexibility. Every class is different and incorporates a variety of equipment for the moderate to high level fitness enthusiast.

Pilates Barre- A blend of Pilates, Yoga, Ballet Strength with a strong focus on core development

Cardio and Core - The format will be more for Easy to Intermediate Levels. It will be easy to follow movement patterns to improve Cardiovascular endurance followed by mat exercises to strengthen the core.

Senior Mat Pilates- A non-impact full-body exercise method that blends strength, stability and flexibility emphasizing proper postural alignment and muscle balance with standing and floor exercises.

Tai chi - *Tai chi is a Chinese martial art practiced today mainly for its health benefits. Our focus in class is on body mechanics, balance, connectedness, and energy control. All tai chi classes include practicing Qigong, traditional exercises to enhance inner energy. Tai chi practice can be tailored to be easier or more challenging so that anyone in almost any*

physical condition can learn the fundamentals while more experienced participants can improve their performance.

Yogalates- Yogalates is an ever-increasing popular and brilliant workout that combines the gentle stretch of yoga and the core building strength of Pilates. Yogalates allows you to practice and improve your very own limit, you can push and stretch your body while opening your mind. This total toning class will kick start the abs, activating your core muscles, work the waist, shoulders, back, arms and train every muscle. We will be moving at a decent pace following poses quickly building strength and endurance.

Power Pump - Lina will be leading this class that is a 50 min high intensity strength training class that uses the barbell and free weights to target muscle groups. Lina will get you to do a range of bodyweight and weight-based exercises using lightweight and high repetitions to exhaust the muscles and get them all working and pumping. If you want to burn body fat while building muscle at the same time in a short space of time this is the class for you.

Senior Strength Class - This class is a workout designed to take the guesswork out of your strength training program. This no-frills class targets every major muscle group and builds your strength week over week. It also improves Balance, Agility, Coordination and Core Power. All levels are welcome.

Gentle Yoga - Gentle yoga equally strengthens and stretches, increasing flexibility and repairing muscles that are in need of love. There is no hurry to finish a sequence. It's all about relaxing and allowing yourself and your body to have as much relaxation as you want. Gentle Yoga is rated Easy to Medium and is open to all Palencia residents. You do not need to sign up ahead of time to attend the class.

Kid's Fitness Class - a class for kids ages 6-14 that increases strength, flexibility, and mobility with the use of body weight and other forms of resistance. (Please wear sneakers)

Power Yoga - Lina will be leading this class that is an invigorating full body Vinyasa flow. It is designed to tone, stretch, and strengthen your body. We will be Flowing poses quickly, engaging your core and balancing your body with balancing poses and intermediate to advanced poses. Modifications will be provided to make the practice much easier and gentler for those who like a more moderate practice. This class will include short meditation and Tibetan Singing Bowls.

Zumba-is based on Latin, international and popular music and dance moves but you don't have to be a dancer! Whether you want to lose weight, get in shape, or just be a healthier you, Zumba is the class for you! Come join the party.

Cardio Step –This class uses steps to step up, around, and down from the platform in different patterns to boost your heart rate and breathing and strengthen your muscles.

Zumba/Zumba toning- Zumba®Toning adds the challenge of resistance by using Toning sticks, light weights maraca-like enhancing sense of rhythm, motor coordination while toning and sculpting target zones including are, core and lower body with great music.

Meditation- A practice of pranayama and meditation is an opportunity for deep rest and nourishment, leading us to connect with the silence within that is as vast as the universe. Learn the techniques for releasing tension and stress in the mind and body. Develop concentration and learn to steady the mind. Relax into a profound sense of well-being and awaken to the peace and joy within you.

Yoga- Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

