**WAREING’S GYM mission: To be the BEST part of our members’ day—EVERY day!!**

\*\*All classes are 55 minutes in duration unless otherwise noted [F]=Fitness Room [Y]=Yoga Room [O]=Outside

YOGA CLASSES

[Y]BARKAN YOGA: Practiced in a heated room (90-100F) to stretch and strengthen various areas of the body. The practice brings vital balance and restores all systems to optimal health.

[Y]MULTILEVEL YOGA: Appropriate for beginning and experienced yoga students. Cuing for basic poses with options also for deeper asanas.

[Y]STRETCH: A 45-minute informal stretching class to relieve sore muscles and rejuvenate the body.

[Y]TECH & RESTORE: A slow-paced Iyengar yoga practice with emphasis on alignment using various props. Ideal for individuals with limited range of motion or looking for a recovery day.

[Y]WARM FLOW: A basic yet vigorous hatha practice focusing on flexibility and strength. An emphasis placed upon inducing enough body heat to relieve the body of metabolic waste through sweating (85-90F).

[Y]YING YANG: Sink deeply into poses and focus on breathing. The integration of breath and movement produce a truly restorative practice.

[Y]ZEN: A challenging practice with a unique warm up of arm swings plus upper and lower body mobilization. A focus on holding poses for their full effect.

**Foundations**

[F]**Perfect for beginners. Three rounds of basic, fundamental exercises at a 1:1 work to rest ratio.**

**Conditioning**

[F]**STEP:** This step class will get your heart pumping and muscles burning. The step with be used for your cardio segments and weight or bands for total body strength.

[Y]**SPIN:** An extremely intense 45 minute spin class. See front desk for pass.

[F]**SPIN AND STRENGTH**: This low impact workout will get your heart pumping and your muscles burning!

[Y]**BARRE Bootcamp :** Light your buns and thighs on fire! But don’t think that the upper body will be left out! Small hand weights and the barre provide an all-over workout that is low on impact, but HIGH on results! (Barre Body Express – 45 min)

**Afterburn**

[F] Many people strength training with weights, while other do cardio or aerobics-somewhere in between is afterburn, the ultimate fat loss workout. Some of the tools and techniques seem new to you, but many have been around for over a hundred years! Not only will you burn up to a thousand calories per hour, but you will continue to burn fat and calories up to 48 hours after your workout is complete.

**Hurricane**

[F] Our most advanced class option. Some combination of strength training, interval training, power/plyometric training and sprinting. Time to show-off your athleticism!