



# RIVER VALLEY RANCH

## Fitness Class Descriptions

**Qigong:** Qigong - a moving meditation, involving slow movement and concentration for better balance, flexibility, energy flow, relaxation, and health. Qigong has been done in China for thousands of years and is based on the principles of Chinese medicine. The exercises improve energy flow to the lungs, heart, digestive system, and other organs. Qigong is used by hospitals, athletes, schools, and wellness centers everywhere for improved health and performance. No previous experience is needed. The Qigong classes are on Zoom. This facilitates joining from wherever you are. The connection we feel is very positive.

**Pilates for Everyone:** Pilates for Everyone is a Pilates mat class that uses classical Pilates with an eye on kinesthetic detail to guide the student toward greater Balance and Core strength to support everyday activities, yoga, dance, and sports. Breathe, Coordinate, and Align from head to toe!

**Strong and Stable:** Working your core, legs, and arms, this triple-threat class is sure to get your muscles fired up by the end of class! We will mix together elements of strength and endurance-based training at a fast pace, so you'll be breathing hard and getting stronger by the minute. Each class will be a little different, from the exercises to the format, so look no further if you want a group fitness class that changes pace every week!

**Gentle Slow Flow Yoga:** Join us as we begin our day with very gentle yoga. We'll come together to calm our minds, gently stretch our bodies, practice gratitude, and set our intentions for the day. All levels. No yoga experience is necessary.

**Water Aerobics:** Water aerobics is a form of aerobic exercise that requires water-immersed participants. Most water aerobics is in a group fitness class setting with a trained professional teaching for about an hour. The classes focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music.

**HIIT:** This total-body Hybrid HIIT workout combines cardio and bodyweight moves with modalities like Bosu, free weights, medicine/exercise balls, etc. You'll rotate through multiple classic HIIT moves as well as combined variations (aka hybrid) of exercises that target your legs, glutes, core, and upper body that, together, will help you feel fitter, fast!

**Ageless Athlete:** Ageless Athlete is a fun, new, total body fitness class for people who want to keep, regain, or even improve on much of the strength and balance of their youth. The Ageless Athlete class is a wonderful opportunity to ensure that we stay as young as possible for as long as possible. I look at it this way: one way or another, we'll have to do the work. Either now as prevention or later as rehabilitation, disability, and pain.

**Master Swim:** Master Swim is a structured workout using techniques of interval training in an atmosphere of fun, fitness, and friendship. This is a great opportunity to improve your swimming skills while working out!

**Pilates Blend:** Pilates Blend is a full-body workout with exercises that target specific muscles while engaging the entire body. Improve balance, muscle coordination strength, and stability with the fundamentals of Pilates, and an awareness of the core powerhouse. A light cardio warm-up, modifications, variety and stretching make this an appropriate class for all levels. Different props will be used in each class to add variety, challenge, and assistance to certain exercises.

**Cycling + Upper Body Workout:** Indoor cycling provides a fun and challenging cardiovascular workout for all ages and fitness levels. Experience a full ride of hills, sprints, and endurance intervals with energizing music and motivational instruction. This also includes some upper body workouts with weights.

**Booty:** Booty is a strength training and conditioning class designed to target your glutes. It focuses on developing, toning, and shaping your glutes. It will also target core muscles in a challenging mix of stabilizing exercises.

**Yogalates:** A focused, peaceful, aligned, restorative, core-supported, stretching, lengthening, balancing regular movement practice is a ritual we were designed to have and practice with others.

**Pilates:** Pilates is a form of exercise that concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance, and flexibility.

**Dynamic Strength:** One hour of exercise is just 4% of your day, make it count! Touching on key aspects of physical fitness- mobility, strength, and endurance, this class gives you a little bit of everything in a limited time, including a good sweat!

**Restore and Renew Yoga:** Come join certified yoga instructor and therapist Ellen Kaplan for a restorative yoga class at The Ranch House. Let your body release and recover from all the stresses and strains of daily life. Ellen will guide you through gentle, supported poses designed to open and relax the body. Restore your body and refresh your mind!