

Hours of operation:
Monday –Thursday 5:15 a.m. – 10:00 p.m.
Friday 5:15 a.m.-9:00 p.m.
Saturday 7:00 a.m. – 7:00 p.m.
Sunday 7:00 a.m. – 6:00 p.m.
www.trihealthpavilion.com



Group Fitness Class Descriptions

Studio A & B Class Descriptions:

1=Beginner 2= Intermediate 3=Advanced

Amazing Abs: (2,3) Get a fantastic core workout in thirty minutes.

Arthritis Land :(1) Designed specifically for people with arthritis that uses gentle activities to help improve joint flexibility and range of motion, and helps maintain muscle strength. Taught by an Arthritis Foundation certified exercise land instructor.

Ball Balance, and Strength:(1, 2) Flexibility and light strength exercises sitting on the stability ball. Very low impact low resistance class.

Ballroom Dance:(All Levels) Get a good cardiovascular workout while learning new steps. Bring a date, or come alone because all are welcome on the dance floor. Dancing classes are taught by professional dancers from Dare to Dance studio. (Fee involved)

Body Sculpt: (2,3) Core stabilization resistance tubes along with hand weights to sculpt your body to perfection.

Boot Camp: (2,3) An intense workout challenging your cardiovascular and muscular system to the max. Join us for a morning or evening of intense training! Evening classes will meet on the track.

Cardio Sculpt: (2,3) High energy class combines cardiovascular conditioning with body sculpting. Create muscular strength, tone and burn calories.

Move –n- Groove: (All Levels) Dance aerobics with attitude! No previous dance experience required.

Power House:(2,3) Using hand weights and weighted body bars, designed to tone and strengthen the body's major muscle groups (including abdominals).

Power Pump:(2,3) Total body sculpting, utilizing the barbell, plate weights, and ball.

Recess: (3) Get ready for an intense challenge! This 1-hour long class held in the gym involves a number of intense, energizing circuits! Improve your cardiovascular system as well as tone your muscles in this unique class!

Spinning Classes: (All Levels) You will burn a ton of calories, get lean, increase lower-body strength and improve your cardiovascular endurance. Aerobic endurance intervals, anaerobic threshold intervals, hills and strength and speed play.

Spinning Beginner/ Intermediate : (All Levels) For new and beginning spinning participants, taught by a certified spinning instructor. It will be only 45 minutes, will focus on basic fundamentals and build endurance to prepare for a regular spinning class.

Traditional Step:(2) Great step cardio workout with abs at the end.

NEW! Tabata Training(2,3):Tabata interval training is the single most effective type of high intensity interval training. Tabata intervals follow this structure: Push hard for 20 seconds Rest for 10 seconds. Repeat this eight times. The secret to making this effective is in your sprint interval. You have to go all out, so do as many reps as you can in the 20 seconds.

NEW! Tai Chi Land Arthritis: (1)This is a eight week program, meant to teach you the basic moves so you can move on to the Tai chi –2 class. This program will be taught by a certified Arthritis Tai Chi Instructor, which features a class that it is easy and enjoyable to learn, bringing with it the many health benefits safely and quickly.

Tai Chi Land Arthritis: (2) To be taken after you have completed the Beginner class. This program is taught by a certified Arthritis Tai Chi Instructor, which features a class that it is easy and enjoyable to learn, bringing with it the many health benefits safely and quickly. This class meets on Monday and Wednesday at 1:30pm.

Total Body Conditioning:(2) Muscular endurance exercises, utilizes all the equipment including the body bars, dumbbells, bar bells, bands and more. an intense challenging workout .

Zumba: (2,3) Zumba incorporates aerobic, muscle-toning and interval training. Receive fat-burning benefits of an aerobic workout and the muscular toning benefits of interval training, by using varying rhythms throughout the class .Younger and the older population can successfully complete this type of format.

YOGA:

Ashtanga Yoga:(2,3) Dynamic breathing, focus, and a flowing progression of postures that balance the body with strength, stamina, and flexibility.

Fitness Yoga:(2,3) This class offers a total mind-body workout featuring cardiovascular conditioning, functional strength, flexibility, muscle balancing, and relaxation.

- Hatha Yoga: (2,3)** With its pure, no-frills approach, Hatha is the most popular yoga style. The moves flow from standing to seated poses and combine exercises with breath work to enhance the mind-body connection.
- Integrated Yoga: (1)** Integrated Yoga incorporates many kinds of yoga into one class. If you need variety in your Yoga practice this is the class for you.
- Meditation/Yoga: (1)** Practice the ancient art of meditation and Yoga postures to calm the mind, reduce stress and revitalize the body to meet daily challenges of life.
- Fusion Yoga: (2,3)** Come to yoga class and explore the power of your body. Treat yourself to a deeply beneficial yoga practice that will promote a sense of focus, balance and strength in your life. All levels of students are welcome.
- Yin Yoga: (2,3)** A foundation of quiet practice, where you hold poses for a longer length of time. This class is not a new form of Yoga; however, it's a wonderful addition for people that have a tight, inflexible core or mid section.
- Yogaflow: (1,2)** Total mind-body workout featuring cardiovascular conditioning, functional strength, flexibility, muscle balancing, and relaxation. Good for Pre& Post Natal participants.
- Power Yoga: (2,3)** AM ABS blasting Yoga! This class is a combo of a dynamic Power Yoga, but with an added focus on the core. As you grow stronger, you'll be able to move deeper into challenging poses, discover better alignment, and find your body at more ease in every day life.
- Yogalates: (1,2)** A complete and comprehensive fusion of Yoga and Pilates. Develop general tone and fitness in the body while also creating a sense of inner calm, relaxation and overall wellbeing
- *Transformations-Spin/Pilates Reformer Classes: (3)** spinning for cardio, jump board reformer, and ending with pilates reformer. (Fee involved, see front desk to sign up.)
- Pilates: (2,3)** This unique class is designed to improve flexibility and strength in a non-impact, balanced system of body/mind control. Dancers have participated in this type of class since it was first introduced in the US in 1926.
- *Pilates Reformer Classes: (2,3)** (Please register at the front desk, space is limited, see front desk for prices and packages, **There must be a minimum of three participants in a class or the class will be cancelled.**)
- Semi Private/ Private reformer training:** also available (inquire at front desk for prices).

Water Fitness Class Descriptions:

- Arthritis Plus: (1)** This Arthritis Foundation Aquatic Program (AFAP) is taught by trained Arthritis Foundation instructors and incorporates full range of movement exercises and five minutes of endurance segment to improve daily life activities. Participation in this class helps to alleviate the joint and pain ailments associated with arthritis.
- Aquacise: (2)** This low impact water fitness class emphasizes toning, stretching and cardiovascular conditioning. Participants work at their own level of intensity and use various forms of traveling and rebounding exercise for cardiovascular fitness. The first half hour is in the shallow end of the pool, and then we go to the deep lanes for traveling and strength training.
- Core Creations: (1)** This shallow warm water class will focus on core stabilization, balance, and strength training. Using various types of equipment to activate deeper muscles, you will learn how to stand tall, stay flexible and move with power from your core.
- Deep Water: (2,3)** A great cross training intense intermediate level class done in the main pool. This class is ideal for muscular strengthening, toning, and increasing cardiovascular endurance. Various types of equipment will be used while participants are supported by buoyancy belts at all times.
- Functional Fitness: (1)** Invigorate your body and avoid joint and muscle pain by moving your arms, legs, and trunk in all potential angles of motion. This low impact training format is specifically designed to enhance core stabilization, strength, flexibility, and cardiovascular endurance. Use of drag equipment will intensify resistance to attract all fitness levels.
- Liquid Fusion: (1,2)** Liquid Fusion brings together the movement qualities of power and relaxation. By using various class formats, the body is challenged and balance is improved all in one class! Work hard against the water's resistance with a shallow water workout or indulge in its fluid tranquility with core stability training.
- Warm Water: (1,2)** Our deep water class is a non-impact class taught in the deep part of the warm water pool. This encompasses core stability training. The focus is to increase endurance and mobility in the warm water using the water's resistance. Some cardio work is done but limited due to the heat of the warm water pool. All participants are required to wear a belt in the deep water.