

Hours of operation  
Monday –Thursday 5:15 a.m. – 10:00 p.m.  
Friday 5:15-9:00pm.  
Saturday 7:00 a.m. – 7:00 p.m.  
Sunday 7:00 a.m. – 6:00 p.m.  
[www.trihealthpavilion.com](http://www.trihealthpavilion.com)  
Pavilion Front Desk 985-0900  
Group Fitness Department 985-6742



## Studio A

### DANCE CLASSES

**Move –n- Groove:** Dance aerobics with attitude! No previous dance experience required.

**Zumba:** Dance aerobics with a Latin Flair. Dance the hour away using easy to follow combinations to fun Latin music.

**Zumba Gold:** Same as Zumba, but is designed for the active older adult, a beginner, and for those who are not used to exercising. Lower intensity, not as fast, but just as fun!!

### STEP TRAINING

**MultiMix:** The instructor mixes fun moves on the step and intervals with an ever changing mix of weight training. No more than 20 minutes is spent on any one of these activities and they are never the same each week.

### STRENGTH TRAINING

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

**Body Sculpt:** This class will use core stabilization resistance tubes along with hand weights to sculpt your body to perfection.

**Body Blaster:** The first 30 minutes of this class consists of core strength using the stability ball and the Bosu Balance Trainer. The second 15 minutes you will blast the body with exercises combining upper and lower body into one exercise.

**Power Pump:** Class focuses on total body sculpting, utilizing the barbell, plate weights, and ball.

**NEW-Cardio Sculpt:** This high energy class combines cardiovascular conditioning with body sculpting. Create muscular strength, tone, and blast calories in this fun and challenging workout.

### INTEGRATIVE, FLEXIBLE STRENGTH & RELAXATION

**Pilates:** 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.

**Basic Tai Chi & Chi Kung:** Learn the Tai Chi and Chi Kung from Master Mok Lau. Tai Chi is an exercise for health, mediation, and self-defense. Chi Kung is a controlled breathing technique, which enhances the Chi (life force), especially, blood circulation. This class is great for beginners in Tai Chi and will prepare you for complete Tai Chi.

**Complete Tai Chi:** A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. Tai chi is a safe exercise system for people of all ages and fitness levels.

**Hatha Yoga:** 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.

**Ashtanga Yoga:** Ashtanga Yoga incorporates dynamic breathing, focus, and a flowing progression of postures that balance the body with strength, stamina and flexibility.

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

**Yin Yoga:** 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.

**"Yoga"tastic:** This class performs basic yoga moves sitting on the stability ball. It will also incorporate some light strength exercises using tubes and hand weights.

**Arthritis Land :** If you enjoy the Arthritis Water Class you have to try it on our new land arthritis class! This class is designed specifically for people with arthritis that uses gentle activities to help improve joint flexibility and range of motion, and helps maintain muscle strength. Classes will taught by an Arthritis Foundation certified exercise land instructor.

### SPECIALTY FORMATS

**Recess:** Get ready for an intense challenge! This 1-hour long class held in the gym involves a number of intense, energizing circuits! You'll improve your cardiovascular system as well as tone your muscles in this unique class!

**Ball Balance, and Strength:** flexibility and light strength exercises are performed sitting on the stability ball. Recently called Sit and Be Fit, this class is designed for those wanting a very low impact low resistance class.

**Total Body Conditioning:** This unique one-hour class includes muscular endurance exercises to get the heart pumping. The class utilizes all the equipment we have to offer including the body bars, dumbbells, bar bells, bands and more. If you are looking for an intense challenging workout this is the class for you!

**Amazing Abs:** The best core training in thirty minutes for amazing results. (NEW)

Cardiosculpt:

**Boot Camp:** An intense workout challenging your cardiovascular and muscular system to the max. Join us for a morning or evening of intense training! The class is now free for members and \$100 for nonmembers. You must sign up for the March/April session by March 1st.

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**Spinning:** You will burn a ton of calories, get lean, increase lower-body strength and improve your cardiovascular endurance. Our Spinning profiles include aerobic endurance intervals, anaerobic threshold intervals, hills and strength and speed play. All classes are first come first serve starting 30 minutes before class star time.

**Intro to Spin:** For new spinning participants, this class is held the first Sunday of the Month at 11-12 by a certified spinning instructor who will teach you all the basics of a spinning class.

**Fitness For Two (prenatal)** (Note: Physician's consent is required prior to enrolling in this program)

(Members – Free; Nonmember - \$120 for 10 classes, expires within a year)

**Fitness for Two Yoga Stretch:** A yoga and stretch class designed specifically for the expecting women. Unwind, de-stress, and relax in this unique prenatal class!

**Mind Body Classes:**

**Ashtanga Yoga:** Power yoga incorporates dynamic breathing, focus, and a flowing progression of postures that balance the body with strength, stamina, and flexibility.

**Yogalates:** 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.

**Integrated Yoga:** Integrated Yoga incorporates many kinds of yoga into one class. If you need variety in your Yoga practice this is the class for you.

**Yogaflow:** This class offers a total mind-body workout featuring cardiovascular conditioning, functional strength, flexibility, muscle balancing, and relaxation.

**Meditation/Yoga:** 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.

**Fifty & Fit:** No to low impact aerobics with light strengthening and stretching. Great for those who are over fifty, de-conditioned adults and those who cannot tolerate impact on joints.

**Pilates Reformer Classes:** (Please register at the front desk, space is limited)  
**(There must be a minimum of two participants in a class or the class will be cancelled.)**

**Reformer Classes:** passes available at the front desk for purchase (you must have completed the Introductory Series prior to signing up for a Reformer Class).

Members- \$320 for 20 classes, \$192 for 12 classes, \$128 for 8 classes, \$64 for 4 classes or \$18 a class.

Non-members- \$600 for 20 classes, \$372 for 12 classes, \$256 for 8 classes, \$132 for 4 classes or 35 a class.

**Note: There is a 24-hour cancellation policy for Reformer Classes.** Please call at least 24 hours before class begins to cancel your reservation. You will be charged for one class if you do not call to cancel. **Also, there is a 1-week policy to sign up for a Reformer class.** You can only sign up one week in advance for the class you wish to take.

**Semi Private/ Private reformer training:** also available (inquire at front desk for prices).