



## fitness schedule

(O) outdoor    (S) studio    (P) pool    (G) gym

Please register in advance for all classes at spa reception desk. Classes meet in location on schedule. \*Additonal fee required

# class descriptions

fitness classes are available to resort guests, community members and WELL Spa members 16 and older.

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## 10-10-10 (S)

Want a little bit of everything but only have half an hour? 10-10-10 class breaks up a 30-minute session into 10 minute blocks of upper/lower body strength training with free weights, body weight core exercises, and athletic movement to challenge your cardiovascular conditioning and muscular strength and endurance. This class can be modified for beginners and those who are experienced and looking for a challenge. Participants are welcomed to attend one or both sessions of this class which will occur in succession.

## aqua fitness (P)

Looking for a fitness pool party? Aqua Fitness is a 50-minute water fitness class that incorporates both cardiovascular and full body conditioning utilizing the resistance of the water, pool noodles and water weights. Even if you aren't an experienced swimmer you should feel comfortable with this class. An important aspect of water training is the reduction in impact and stress on the joints.

## barre fitness (S)

Do you want the grace, balance and flexibility of a dancer? Barre Express is a 30-minute full body workout incorporates isometric and controlled movements inspired by ballet and pilates. Barre Express will focus on lower body balance and control while challenging upper body and core strength and endurance. All levels of ability and experience should feel comfortable to participate in this class.

## boot camp (G)

Are you looking for a new challenge? Boot Camp is all about motivation and pushing yourself to go for it, so you leave with a sense of accomplishment and that addictive fitness high! This class will incorporate a diverse range of movements which will test your cardiovascular conditioning, muscular strength and nervous systems activation. All the movements in these classes can be adapted and modified for any level of experience or ability. If you want to be challenged, but not have to think about it, this class will fly by utilizing many short bouts of effort.

## cardio tennis

Preparing for a big match? Cardio Tennis is a unique and fun class organized and instructed by Lake Geneva Tennis Club Pro Instructors. The class is appropriate for all levels of experience, skill and ability. Instructor's will lead large groups of participants through tennis drills, activities and games to challenge your cardiovascular conditioning and athletic movement. Expect a fast paced class that will keep you on your toes and having a blast. Spots are limited in this class so sign up quickly if you're interested.

## core yoga (S)

Want to activate and strengthen a critical area to physical health and fitness? Core Yoga is a dynamic practice which focuses on accessing and activating the core during yoga poses. Expect flowing sequences incorporating movements to build strength, functional flexibility and mobility. Movements in this class target the entire core, front, back and sides from rib cage to thigh.

## ez does it (G)

Do you need a safe and fun way to exercise with your peers? EZ Does It is a 50-minute low to no impact class that incorporates use of the chair, light weights and wall exercises. In addition to cardiovascular conditioning, and muscular toning, this class will help you stay active, mobile and energetic. This class is great for those just starting a fitness program or that have back, joint, balance or mobility concerns. The movements in this class can be adapted and modified for all levels of ability and experience.

## gentle yoga (S)

Transition into or out of your day with Gentle Yoga. This form of yoga uses slower paced hatha style techniques to transition quietly and gently from pose to pose. Come to your mat ready to let go by using slow movements, stretching, and breath work. By focusing on less intense postures, your body will naturally begin to relax. Whether morning or night, gentle yoga will help you transition your day while caring for your body, mind, and soul

## get loose (G/O)

Want to start your morning by getting your body loose, warmed up and ready to take on the day! Get Loose is a class focused on dynamic stretching with simple movements using the entire body. This 30-minute class will warm up your cardiovascular and muscular systems as well as loosen up morning tightness and stiffness in your joints. Consistent dynamic stretching will improve mobility, flexibility and athleticism with healthy longevity in mind. Getting Loose is a great way to get ready for a challenging workout, cardio session, or commute to work.

## low impact circuit (S)

Do you need a challenging total body workout that doesn't involve high impact movements? In Low Impact Circuits, every class varies but each session will offer a complete and balanced workout in circuit training program. This class uses a variety equipment and low impact movements for cardiovascular conditioning, muscular strength as well as stretching exercises to improve overall full-body strength, conditioning and mobility.

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## **recover & relax (S)**

Do you need to take care of your body after all the hard work you put in? Recover & Relax is a class that is intended to help us recover from strenuous workouts or the stresses of the work day. You will learn foam rolling and self-massage techniques to compliment stretching. You will also learn breathing techniques to recover during a workout, or relax your body from stress. Over training and over stressing your body is common and often overlooked. Consistent body care and maintenance can improve mobility, relieve pain, and prepare you to continue with your own training program with healthy longevity in mind.

## **spin cycle (S)**

Are you ready to rev things up? Our Spin or Cycling class provides a fun workout in which we wove to energetic music while replicating the experience of cycling outdoors, over hilly terrain and long flat stretches at different speeds. This class will challenge your cardiovascular conditioning and muscular endurance. Our Spin Bikes have a self-controlled adjustable resistance so that everyone can participate no matter what your experience or fitness level is.

## **team trek cardio (G/O)**

Would you like to start your day with movement and activity surrounded by others who share your enthusiasm! Team Trek Cardio utilizes the group atmosphere to relieve the pressure of individual cardio programming, and is intended to be motivating and fun. This class will focus on moderate to light cardio activities, but the program can be adapted and modified for those who want a more challenging intense cardio workout. We may often utilize our wonderful outdoor spaces, walking or hiking the grounds, trails, and hills. Our movement will not be restricted to walking or jogging, but also incorporate athletic movements that allow your body to move in diverse ways.

## **total body circuit (S)**

Looking to get the most out of your workout? Total Body Circuits is a challenging complete body workout combining a variety of high intensity interval circuits (HIIT) using body weight movements and free weights. HIIT is a training technique in which you give maximum effort through quick intense bursts of exercise, followed by short and sometimes active recovery periods. This program is great for cardiovascular conditioning, muscular endurance and fat burning. Participants should expect a high intensity program structure, but should be comfortable challenging themselves at their own level, and the movements can be adapted and modified for any level of experience or ability.

## **vinyasa flow yoga (S)**

Looking to take care of your body, mind and heart? Vinyasa Flow Yoga is a class in which one moves from one pass (asana) to another with fluidity and a connection to the breath. This class focuses on the three aspects of yoga; body, mind and heart. This class offers important connections to everyone and is appropriate for beginners and experienced fitness levels. The movements of the class can be adapted and modified to accommodate anyone.

## **yoga (S)**

Looking for a class that balances your body and mind? This Yoga class focuses on building strength, stamina and flexibility by connecting the yoga movements in a flowing manner while linking the breath with the movements. It is appropriate for all skill and ability levels. Options and modifications are always offered so that you feel comfortable to challenge yourself.