

# Training Descriptions

## YOGA

Yoga is an ancient and complex practice, rooted in Indian philosophy, using postures and conscious breathing in combination with mental focus. It helps to improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, strength, and balance.

## PILATES

Joseph Pilates said that the inspiration for his method came to him during World War I. Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups with strength and flexibility, with an emphasis on challenging the core muscles with each movement.

## MOBILITY

Mobility combines exercises that increase the range of movements and motions your body can perform. These include flexibility, but also balance, pliability and strength. A full combination is the best way to avoid injury.

## FUNCTIONAL TRAINING

Functional training is a type of exercise that resembles movements you make in your daily life. It can be helpful for athletic performance, injury prevention, and other everyday fitness tasks.

## STRENGTH AND CONDITIONING

The most effective way to define and sculpt your body. Includes interval training on the cardio machines and equipment. For maximum fat burn and strength training.

## BODY SCULPTING TRAINING

Body sculpting training is a type of exercise that involves muscle contractions against external resistance, such as body weight, machines, medicine balls, resistance bands, or dumbbells. Under the careful instruction of a trainer, you can create a strong, athletic, and powerful body by progressively lifting heavier weights, improving form and technique, and building confidence while sculpting your physique.

## H2 DOMES

H2DoMES involves performing cardio and strength exercises both in and out of the water. Utilizing body weight, additional weights, and water resistance, this type of HIIT training effectively enhances fitness, builds strength, and improves overall performance.