

## Cardio Classes

**Cross Training:** Designed to add variety to your workout schedule, this class incorporates a variety of training modalities. Improves strength, flexibility, aerobic power and endurance using lightweights, resistance bands, jump ropes, steps, medicine balls and stability balls, in a varying format of circuits, intervals and aerobic workouts. A new challenge each time.

**Step Training (Step, Abs & Buns):** A challenging workout using the STEP, incorporating basic choreography as well as power movements. All fitness levels are welcome. We will be working the step, your abs and your buns.

**Body Sculpt:** This class challenges your body to the max. Working all muscle groups with hand weights, medicine balls, rubber bands, steps and big balls will add a fun variety to your workout.

**Metabolic Burn:** This 30 minute explosive work-out will transform your body. To burn fat you need to change the resting metabolism and work big muscle groups with high intensity exercises. This simple yet intense workout combines traditional body weight exercises with the latest internal techniques to set your metabolism on fire!

**Water Aerobics:** A fun, exciting and challenging class. Water provides resistance to your workout, increases your heart rate, burns calories and strengthens your core muscles. Water supports the joints, tendons, and ligaments. This class will tone, firm and enhance your feeling of well being. **There is a extra fee for this class**

**Core Aerobics, with legs, abs and buns:** Aerobic conditioning with a sprinkling of dance and plenty of toning! Classes includes a mixture of aerobic dance exercise, short bursts of high intensity cardio, calisthenics, upper and lower body conditioning, weight training, step training, balance and core conditioning all in on 1 hour class.

**H.I.I.T./Yoga/Meditation: (High, Intensity, Interval, Training)** This 75min class hits all your target areas. Start with 30min of high intensity circuit trainings. 30 min of Yoga and ending the class with a 15 min Meditation/relaxation. You will see your body reshape and become more defined.

Also visit our web page for info:  
[www.brvantstgvm.com](http://www.brvantstgvm.com)

## Class Description

### Yoga, Stretch, & Pilates

**15 min Abs:** Focusing on the body's core. This class will help to improve abdominal and back strength, stamina and flexibility as well as improve balance and posture. Please warm up prior to class and bring a towel.

**Stretch:** Incorporating static stretching as well as PNF technique and some yoga postures, this class promotes relaxing of the muscles to help improve or maintain flexibility and posture. Please warm up prior to class, and bring a towel.

**Therapeutic Stretch:** Combines Feldenkrais, yoga, & stretch for a healthier balance within your muscle groups. This class promotes relaxation, flexibility and an overall sense of well being.

**Vinaya Yoga:** You will learn to flow through a series of poses, like a dance. Connected to breath or pranayama. Intermediate to advance.

**Yoga / Range of Motion:** This class will enhance and improve hip, hamstring and shoulder flexibility & strength. Great class for any one that feels the need to relieve their tight muscles and increase their range of motion.

**Pilates:** All levels. Most people including Body Builders and Professional Athletes have weak core muscles. **You need this class!** Build your core strength, improve your posture, balance and flexibility. You will get a good basic workout knowledge of the Pilates Mat Exercises. You will learn the proper execution of each move to strengthen your core.

**No membership is required to take classes. Every Class at the BSHF is available with a class pass or with a walk in fee**

### Senior Fit Classes

Get a F.R.E.S.H. Start on life Fitness, Recreation & Education for Senior Health

**Hinges 'n Twinges:** Work out in an 85 degree pool. This is a fun way to exercise without stress or strain to your joints. Opens up your joints and loosens those tight muscles. Ideal for people with hip, shoulder, or knee replacement, or anyone starting out. Suitable for all levels.

**Senior Fit:** Come Check out this fun and motivating class geared to the moderately active senior population. We get you moving "at your own level" and then we challenge your cardio, balance flexibility and muscle strength using dumbbells, resistance bands and balls. Make a new friend while you are doing your body good!

### Instructors

DK= Denise Kantrowitz  
HH= Hannah Haskins  
JD= Jane Deknatel  
JR= Judy Robles  
KM= Katrina MacLachlan  
KT= Kathryn Tucker  
MJ= Mary-Jo Heely  
PK= Peggy Kasudo  
Eli = Elisabeth Morales  
TM= Tobin (TJ) Morrison  
TK= Tressa Kahler

**If you feel like flying through the air try the Circus Fitness Class and call:**

**Bob Carreiro: 805-272-8062**

### Dance Classes

**Dance:** From cha-cha to salsa and hip hop to disco! This 45min or 1 hour class will get you up and grooving with all your favorite dance moves.

**Zumba:** Once the music takes over, you'll see why Zumba classes are exercise in disguise...a full body workout with different dance combinations that are sure to work every part of your body.

(No experience necessary for any dance class)