

## TRC FITNESS COURSE DESCRIPTIONS

**ACCESSIBLE YOGA**—Low intensity, beginning yoga class using props as needed. Poses will be performed both standing and seated. No prior yoga experience necessary.

**BARRE**—A full body, medium intensity exercise based on a combination of ballet, yoga, and Pilates and includes the use of body weight, Bender balls, dumbbells, and bands.

**BEAT BOXING FITNESS**—A non-stop, fat-burning cardio class that combines punching, kicking, boxing styles moves and dance to all kinds of music.

**GENTLE YOGA**—A yoga class for beginners or those wanting a mindful movement class. No yoga experience necessary.

**LINE DANCING**—A cardio workout involving choreographed country line dances.

**REFIT**—A dance cardio workout of choreographed routines in a disco environment with positive music.

**SET**—A strength class using weights for a full-body workout.

**STEP**—A cardio class using a platform and risers to get a full-body workout.

**STRETCH & RENEW**—Low intensity, stretching for joint and muscle flexibility. Poses will be performed both standing and down on the floor.

**YOGA**—Group fitness class that links movement and breath to attain balance, flexibility and strength in both the mind and body. Poses will be performed both standing and down on the floor. No prior yoga experience necessary.

**YOGA FOR STRONG BONES**—Yoga class designed especially for those with osteopenia or osteoporosis.

**ZUMBA**—A cardio workout involving choreographed dance routines to Latin, Pop and Country music.

**TAEKWONDO**—A Korean martial art, characterized by its emphasis on head-high kicks, jumping and spinning kicks, and fast kicking techniques.

**NINJITSU**—The traditional Japanese art of stealth, camouflage and sabotage, developed in feudal times for espionage and now practiced as a martial art.