

SMC Class Descriptions 970-387-5187 for more info

Pilates Mat II-Pilates utilizes precise movements and optimal alignment to achieve improved core strength, posture, as well as, improving back health, coordination and breathing. Everyone can benefit from this intelligent exercise system! Classes may include the use of foam rollers, medicine balls, Glider Discs, Body key, The “ring of fire” and more. All levels with modifications shown to decrease or increase difficulty level as needed. 60 min.

Pilates Mat I-Ideal for beginners or experienced participants who want to review the basics. Same as Pilates II, but at a slower pace with more instruction. 60 min

Yoga (meditative movement)-Increase your flexibility, improve posture, athletic performance and breathing through practicing Yoga asana (poses.) Classes will focus on proper alignment according to your individual body and offer variations and modifications (beginning to advanced,) appropriate to your level. Yoga will stretch your body, relax your mind and uplift your spirit! All levels class with modifications shown for your level or needs. 75 min

THE Workout-This class encompasses Kettlebells and functional training for maximum results. We will work muscles groups in various types of contractions (eccentric, concentric, isometric, at varying speeds and ranges of motion.) Expect to do squats, push-ups, plyometrics, balance exercises, pull-ups and work every muscle group in the body. We will use Kettlebells, barbells, the pull up bar, olympic rings and do body weight exercises. This class is intended to improve your performance in sports and daily activities. Never the same workout, always fun! 60 min.

Kettlebell I-An introductory level class that will teach the basic kettlebell moves safely and effectively. Swings, squats, deadlifts, turkish get ups, hand to hand swings etc. Super effective at fat burning, strength building and weight loss. Kettlebells available in a variety of weights. 45 min.

Kettlebell II- For those who have taken the “Intro to Kettlebells” workshop or participated in Kettlebell I. (Some mastery of the basic moves is expected.) More advanced combinations and progressions. Cleans/Presses, snatch, etc. 60 min.

Kettlebell III-Take it to a NEW level with advanced moves, combinations, and demands!! 60 min.

Indoor Cycling- A high intensity cardio workout on indoor stationary bikes set to fun, inspiring music. You are in control of your resistance, so the class is as challenging as you make it. (Please sign-up ahead of class as there are a limited number of bikes.) Bikes are SPD shoe compatible. 30, 45 and 60 min. formats available.

Tai Chi-a gentle martial art, focusing on internal awareness, meditation and movement. Tai Chi for relaxation, health and self defense. For all ages and fitness levels. 60 min.

