

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-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. 70 min

Yoga Basics/Family Yoga-For new Yoga students and more experienced students who wish to review the fundamentals of alignment and breathwork. This class emphasizes foundational yoga poses to build strength and flexibility. This class is FREE to Silverton School kids and offered at a discount to all participants. \$8.00 for one or \$12.00 for two. A great way to share some quality time with kids, loved ones or friends. 60 min.

THE Workout-This class encompasses weight training 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.) *THE Workout is an SMC creation based on the concept of functional fitness. Functional fitness is about training your body to handle real life activities in real life situations, not just lifting a certain amount of weight in an idealized posture created by a gym machine. Conventional weight training isolates muscle groups, but does not teach the muscle groups you are isolating to work with others. This explains why we can workout in a gym or be labeled as “strong,” but bend over to pick up a toddler and pull out our backs!* Expect to do squats, push-ups, plyometrics, balance exercises and work every muscle group in the body. We will use Kettle Bells, weights, 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.

THE Workout-FRIDAY’s in Memorial Park (weather permitting-check the SMC voice mail by 2:30pm for the word on at the park or in the studio.) We will use Kettle Bells and the great outdoors to create our workout. Although no official baby-sitting is offered bring the kids or dogs. Fun for the whole family. 60 min.

Work-out with weights-A fully body strength training workout. Every muscle group is covered and you choose the amount of weights. As always, focus is on great form to improve strength and avoid injury. Great for building bone density, creating lean muscle mass, and improving endurance. 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.

FREE CLASS Sunday Stretch-Are you short on stretching? This class is for anyBODY and is an easy class where you are led through simple, safe stretches. 30 min.

Talula Dance Company is lead by Christine Chambers. For more detailed info about class schedules and kid's classes please give her a call @ 970-749-4326

Tribal Style Belly Dance I-This class introduces the technique, basic steps and foundations of American Tribal Style Belly Dance. Each class will include an emphasis on posture, simple stretches, a moving meditation and a breakdown and drill of fast and slow moves. Class sessions consist of 8 to 10 weeks, with a possible student performance night at the end. Each dancer needs to start with completing Tribal Style I. All sizes, shapes and natural abilities welcome and encouraged. 75min.

Tribal Style Belly Dance II-This intermediate tribal class continues to build upon the steps and variations introduced in American Tribal Style Belly Dance I. Each class will focus on dance technique, the cues, transitions and formations of tribal dance, linking together moves and a breakdown and drill of fast and slow moves. Class sessions consist of 8 to 10 weeks, with a possible student performance night at the end. Each dancer needs to have completed Tribal Style I. 75 min.

Tribal Style Belly Dance III-This advanced level class is the last in this series of tribal classes that focus on the foundations of American Tribal Style Belly Dance. Each class will emphasize the timing and fluidity of improvisational dance with others, developing solo and duet confidence and still more moves and combinations. Class sessions consist of 8 to 10 weeks, with a possible student performance night at the end. Each dancer needs to have completed Tribal Style II. 75min.

Belly Jam with Core Drills-This intermediate tribal class creates a venue for further exploring the art of tribal style belly dance. In each class, we will drill our core with slides, bumps, pops, isolations and more. While dancing together, there will also be an strong emphasis on the use of cues and transitions as we drill and practice in whole troupe chorus, duets and trios. Class sessions consist of anywhere from 6 to 10 weeks. This is a multilevel class that accommodates dancers of all abilities. Tribal Style I is the minimum requirement for this class. 60 min.

Open Dance Studio/Caldera Dance Practice-(special fee \$25 per month unlimited attendance)

Creative Dance for Kids-Creativity abounds as kids are introduced to dance and rhythm in this movement class. Students will explore how their body moves and how to express themselves through this movement. Class sessions consist of 8 weeks, with a student performance night in the fall months (usually in October). 30 min.

Ballet-This class introduces students to the foundations of ballet. Students will study the basic ballet positions and steps through barrework and center. Class sessions consist of 8 weeks, with a student performance night in the fall months (usually in October). 45 min.