



## OCEAN SPA & FITNESS

### **State of the Heart Fitness® Classes**

#### **Spinning®**

Indoor cycling is an individually paced, non-competitive, group training system designed for all riders and fitness levels. Experience a high-energy, group environment that integrates music, camaraderie, meditative breathing, and visualization.

#### **Treadmill Trek**

Climb the hills and do some speed work as an exercise physiologist guides you through a fun and challenging aerobic workout on the treadmill. You never knew the treadmill could be so fun!

#### **Total Body Tone**

A fun resistance training class strengthening all of your major muscle groups using free weights, bands, tubes, and your own body weight.

#### **“Get on the Ball” Core Conditioning**

An excellent strength & stretch class for improving balance, posture, and toning using resist-o-balls. The class provides overall strengthening with emphasis on the abdominal and low back muscles.

#### **Yoga**

Energize your mind, body, and soul. This class integrates posture, alignment and breath while promoting flexibility, strength, balance, and relaxation.

#### **Relax & Renew**

The perfect way to start or end your day. Rejuvenate your mind and body with breathing, stretching, and progressive relaxation, a technique used to undo tension of each muscle group so you can completely relax.

#### **Pilates**

A challenging workout consisting of floor exercises based on the teaching of Joseph Pilates. This class will strengthen the muscle groups of the abdominal area as well as the back, legs and buttocks.

**All classes 60 minutes.**

**See our group fitness schedule for information about additional classes.**

