



Group Fitness Classes

Boot Camp: 45-minute circuit workout; featuring stations of fitness activities that involve high intensity calorie-burning exercises.

•Warm-up and stretching are not included in this circuit. Please warm-up with cardio prior to workout and stretch following.

Core & More: Join our training session that targets: cardiovascular endurance, muscular strength and toning exercises with free weights and stability balls.

Iron Works: Reduce your risk of muscle mass loss by picking up free weights to tighten and tone all major muscle groups.

The Dance Club: Join **The Dance Club** and learn dance routines to perform in the community.

Power Hour: Maximize your calorie burn! Workout includes high intensity cardio and strength training with a variety of equipment as well as body weight exercises.

Spotlight Class: Join us on Saturdays at 11:00 am! New Classes Featured Monthly.

Barre Fusion: Develop strength and improve posture with a fusion of barre combinations and exercises using small weights/resistance tubes. No dance experience required.

In the Conference Room

Sit Down & Get Moving: Chair workout: Work all major muscle groups to improve your muscle tone, flexibility, and posture. Increase physical strength, range of motion, and endurance. These exercises can be done standing or in a chair.

Cardio Chair Dance: Enjoy fun, easy to follow cardio routines while sitting in a chair. Burn calories, improve circulation and increase your heart rate.

Chair Yoga: A gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. Chair Yoga classes are created specifically for people with limited mobility and injuries. Chair Yoga classes include yoga exercises, postures, stretches, breathing exercises and meditation techniques.

Tabata® HIIT: Interval training! Each workout segment is only 4 minutes long with a work/rest ratio of 20/10 but you will work harder in 4 minutes than you would in 30 minutes of steady state.

Tai Chi I: Beginner Level (8-forms). **Can be done in a chair.**

Tai Chi II: Beginner – Advanced Level (40-forms).

Tai Chi Long Form: Yang Style - Long Form. Tai Chi flowing movements and stretching. Improve your balance, increase lower body strength and flexibility.

Gentle Yoga: First timers welcome; a gentle yoga class that focuses on flexibility, strength and balance.

Harmony Yoga: Harmonize body and mind with postures promoting strength, flexibility, balance and relaxation.

Yin Yoga: All levels welcome! You will be guided through the postures of dragon, swan, caterpillar and much more as we go deep within the body to open the hips, spine and pelvis. This practice will enhance all other activities.

Yoga Flow: Poses move with the breath in this vinyasa-style practice. This is an All-Levels class. Modifications are shown for challenging poses.

ZUMBA®: Dance your way to a fitter you with exciting and unique Latin moves and rhythms.

Zumba Gold®: It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Zumba® Toning: Blend body-sculpting techniques with light weights and Zumba® moves into a single calorie-burning, muscle-toning class.

For the latest class schedules and monthly newsletters go to parrishhealthandfitness.com

Indoor Cycling Studio



Recovery: (50% to 65% MHR) The main objective is to make the body feel like it has been gently massaged and is vibrating with gathered energy. Only light resistance is used and there are no jumps or hills during this ride.

Endurance: (65% to 75% MHR) Trains the body to be more efficient at metabolizing fat and to maintain a comfortable pace for an extended period of time. Stay in the saddle and establish a smooth steady rhythm for the entire ride.

Strength: (75% to 85% MHR) Implement steady, consistent pedaling with heavy resistance. This type of ride can be done in a seated or standing climb position. The goal of this zone is to build the cardiovascular strength needed to handle a slightly uncomfortable pace.

Interval: (65% to 92% MHR) Emphasizes speed, tempo, timing and rhythm. The goal of this Energy Zone is to shorten your recovery time. Movements include flats, hills and sprints.

Race: (80% to 92% MHR) Gives riders the opportunity to measure their progress and should be treated as a real race. A Race Day ride is carried out at a steady heart rate, so there are no jumps, standing flats or significant fluctuations in pace during this type of ride.

Indoor Cycling: An energizing, inspired program led by an expert coach. The rides vary monthly.

30/30 TABATA® Spinning/Boot Camp Express: Basketball court (weather permitting)

This 30 Minute format will include 30-20-10 timing with no breaks between the varied timing. One MAX interval and one MIXED interval are added along with Team GAME to create a high energy total body workout.

