

### **Restorative Yoga**

Restorative yoga is a gentle class with the aid of props- blocks, bolsters, blankets, and straps. The temperature in the room is cooler, so dress warm and comfortable. This practice is great for anyone looking to slow down, to relieve stress, to calm the excessive mind chatter, and relieve tension in the body. This is a seated practice where poses are held anywhere from 1-5 minutes allowing you to work deep into the connective tissues around the joint. This class offers a chance to gain flexibility, as well as deepen your meditation practice and enhance your yoga practice overall. A wonderful, detoxifying class. Restorative Yoga is beneficial for insomnia and promoting deep sleep. Fully supported by props, we allow our mind to let go of tension, which releases negative thought patterns and stiffness in the body. Come nourish yourself with this deep restorative practice. **No yoga experience needed!**

### **Functional Fitness**

For all fitness levels a total body workout program based on the exercise philosophy of strength, cardio and fun for total body fitness.

This program is designed to exhaust all major muscle groups through use of weights, bands, tubing and body weight.

### **Tone & Trim 2.0**

Offers a varied of exercise movements to fit any fitness level. Separate upper and lower-body workouts plus a dynamic and static stretch segment. Both toning programs focus on strength, balance, flexibility and bone health. Many of these moves also emphasizes “functional fitness”- exercises designed to make every day activity easier and safer. Each workout begins with simple stretch and flexibility movements like “field goal kicks” to help loosen the hamstrings. That’s followed by a varied mix of upper and lower body movements like body weight squats, chair squats, bicep curls, Tricep kickbacks, chest press, modified push-up, hip thrusters and modified plank-holds. The ending segment is pure bliss- lying on your back guided deep breathing techniques (feel the tension leaving your body).

Class Motto:

“Move your body no matter what”

The class further provides an atmosphere to make and keep lasting friendships and we’re involved in community fitness activities & fitness potlucks and luncheons.

### **VP Strong Moms**

Moms, bring your kids as we walk, lunge, and run along the lake of Victoria Trails. Primarily body weight exercises will be performed as we utilize the park benches and environment around us for exercises such as push ups, step ups, squats and more. All levels welcome as you will be working alongside an experienced personal trainer and pre and postnatal coach!

### **Total Body Muscle Max**

For all fitness levels a total body workout program based on the exercise philosophy of strength, cardio and fun for total body fitness.

This program is designed to exhaust all major muscle groups through use of weights, bands, tubing and body weight.