

Adorni Fitness Center Class Descriptions

| Class | Description |
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|  Vinyasa Yoga | A flowing, strength and flexibility-building yoga class for adults, including both calming and energizing pranayama (breath techniques), a gentle warm-up, variations on sun salutations, moon salutations, plus popular standing and seated postures with an emphasis on healthy alignment and a connection to breath through repeatable flowing sequences (vinyasa). |
|  LES MILLS BODYCOMBAT | Les Mills BODYCOMBAT® is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. |
| Strong & Limber | All fitness levels will benefit in this class which combines aspects of "Sweat & Strength", "Core Bonus", and "Yoga for Stiff People" in a 50 minute class. |
| Yoga for Stiff People | A gentle class for people to regain strength, balance and flexibility at their own pace. Yoga mats available if needed. |
| Inspired Yogalates | Yogalates is a yoga fusion class that combines Yoga and Pilates. Using safe, gentle and restorative poses, which is great for loosening up any stiff areas of the body. Also focuses on core strengthening, body alignment and flexibility. An overall great body workout. |
| Cardio/Kettlebell Circuit | This Circuit starts with a 10 minute warm-up in the cardio room and then moves into the Exercise room. Michaele will have your station all setup with the equipment you need for your workout. This is an awesome cross training workout utilizing dumbbells, sliders, and jump ropes. This Circuit will help to improve core strength, cardio, endurance and more. |
|  ZUMBA gold | Latin rhythms and easy-to-follow moves to create a one-of-a kind fitness program. Routines feature interval training sessions with fast and slow rhythms to tone and sculpt your body while burning fat. |
| Tabata Sculpt 40-30-20 | Tabata interval workouts are all the rage these days, and for a good reason. This high intensity training is fun blasts calories, builds muscle, endurance, flexibility, and you will be moving so quickly that it's hard to get bored! |
| Sole Steppin' Soul to Sole Line Dance Class | A new look at <i>line-dancing</i> , with a soulful feel from your "Soul to your Sole". Perfect for all levels of experience. Songs by Katy Perry, Bobby Darin, Backstreet Boys, and more. |
|  PIYO | This class offers a music-driven workout which is inspired by Pilates and Yoga. This class focuses on flexibility, strength and condition training involving dynamic movement. This class also offers modifications and progressions for all levels. Each class will incorporate the following styles of movement. Focus: Poses are held for several breaths to focus on increasing strength. Flow: Rhythmic, flowing style that generates heat in the body Fusion: A blend of focus and flow, these movements incorporate dynamic balance and functional training that challenge strength and balance. |
|  ZUMBA fitness Step & Toning | Step up to the challenge if you dare. This Zumba step class offers the same Latin rhythms and easy to follow moves, but also incorporates the use of step and toning routines for either the floor or step. Toning sticks will be used to increase strength and resistance during the workout. |
| Gentle Flow Yoga | A slow to mid paced yoga class that links breath to movement & encourages students to develop a keen sense of body awareness. Poses are taught in multiple stages so you can up-level or down-level at any point; become curious & proficient at tailoring poses in ways that work best for you. |
|  ZUMBA fitness | Nothing is better than a workout that doesn't feel like a workout. Join our talented Zumba instructors for a class that is fun, energetic, and makes you feel amazing! |

The Adorni Center
 1011 Waterfront Drive, Eureka, CA 95501
 707.441.4248
www.EurekaParksAndRecreation.com
 Monday – Friday 6am–9pm
 Saturday 9am-9pm & Sunday 9am-4pm