

CLASS DESCRIPTIONS

MELT PERFORMANCE- MELT is a simple yet profound self-treatment that helps prevent pain, heal injury, and erase the negative effects of aging and compensatory movement. MELT is the first neurofacial self-treatment that brings your body back to a more ideal state by rehydrating connective tissue and quieting the nervous system. The first time you MELT you will feel a positive difference. During this 55-minute class participants will experience relief of tension & a calming of their nervous system through the **Rehydration** of the connective tissue. Students feel their bodies start **Releasing** the stress accumulated in the tissues of their bodies in one class.

HATHA YOGA-This class focuses on the basic fundamentals of Hatha Yoga. You will perform traditional poses and exercises for strength, flexibility, breath awareness and stress relief. Class time is 1 hour & 15 min

VINYASA YOGA-Stretching and strengthening your body through a flowing sequence of asanas. The focus of this class is on integrating breath and movement, awareness and alignment, and strength and flexibility. Class time is 1 hour and 15 minutes.

FUNCTION & FLOW-This class emphasizes the Egoscue Method which restores and maintains the bodies' full range of motion by using specific exercises that will strengthen muscles and promote wellbeing.

EGOSCUE-A step up from the function through motion class, Advanced Movement will work more on an overall body strength with the goodness of all the wonderful body alignment exercises and stretches.

PILATES MAT-A physical and mental conditioning class focusing on core strength and spinal flexibility. Inspired by Joseph Pilates the class emphasizes mind/body techniques and proper alignment and postures.

BUDDHA BARRE-A unique and challenging workout using a ballet barre, which tones the arms buttocks, thighs and core. Yoga poses are inserted to stretch the area that witnessed the BURN! All levels welcomed.

BODY CONDITIONING-A full body strength and conditioning class. This class uses a variety of modalities; your own body weight, fitness balls, hand weights, barbells, fitness bands, steps and bosus to get a total body workout.

CYCLE- An awesome cardiovascular workout that is great for toning muscles and excellent for burning fat. This class will have you climbing hills, going through interval drills and sprinting to the end.

ZUMBA- An effective and easy to follow, Latin inspired, dance fitness workout. Zumba involves dance and aerobic elements, choreographed into a high calorie burning routine.

CYCLE & SCULPT- A fun, energetic, and calorie burning class of cycling and sculpting all of the major muscle groups. Expect a full body workout in 55 minutes both on and off the bike!"

STRENGTH PLUS- This one hour workout utilizes weights, balls, bands, and BOSU's to strengthen your muscles in a balanced, safe and efficient class setting.

RIDE & TONE- An intense cycle circuit mixed with free weight training off the bike. This is a paid group training class for \$5. Check the website www.thegymindelm.com for Sunday Dates each month.

CYCLE CLASSES

Bikes may be reserved for \$2- (24 hrs in advance). Please bring water and Towel to class. Antibacterial gym wipes are available in classroom to wipe down your bike after your ride.

RESPECT THE SPACE-

Personal items should be placed in lockers and not on the class room/or gym floor.

Please be respectful and courteous to our instructors and our fellow members by arriving on time for class, **(you may not enter if more than 10 min late)**