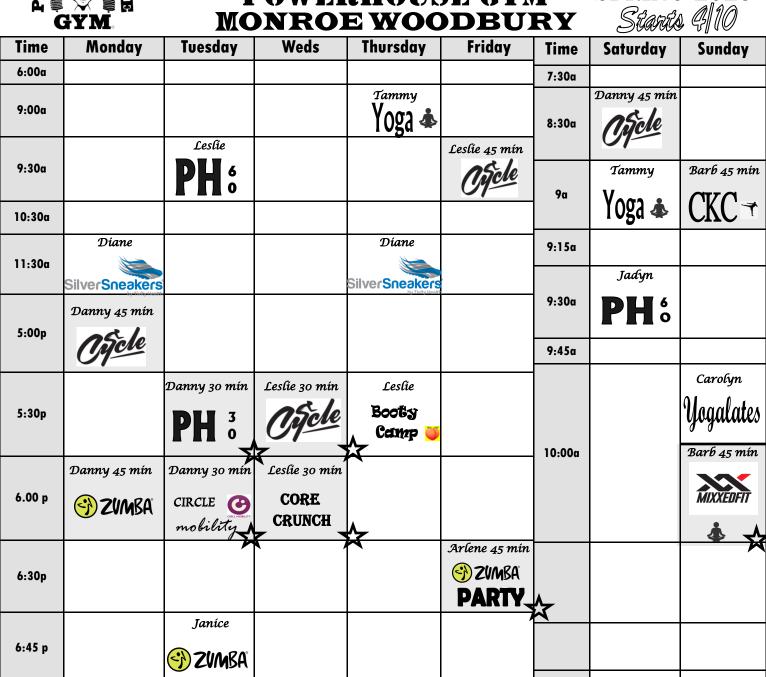


## **POWERHOUSE GYM MONROE WOODBURY**



Instructors are subject to change without notification. Please Note: Any class with consistent attendance of fewer than 5 persons will risk removal from the schedule. All Instructors are certified in their area of expertise. For your safety and the consideration of other members attending classes, students will not be permitted to enter any class after the warm up is complete (10 min). You must have proper and clean foot attire before entering the studio. Please advise instructors of any injuries you may have before class. Please wipe down equipment before and after use. Please do not bring personal items (coats, bags, etc)... Feel free to use our convenient locker room! Class held in Studio 2



Class has alternate duration- 30min/ 45min

New **C**lass



SPRING 2023



## **POWERHOUSE GYM MONROE WOODBURY**



HOUSE /	An all body strength training class that targets every major muscle group. This class uses a variety of equipment including body weight. Modifications will be made to accom- modate all fitness levels!
Camp	Help you tone, tighten and firm up your core, back, and glutes. Modifications will be made to accommodate all fitness levels! This class will use bands, weights, and body weight.
I STANA I	Dance-~Salsa~ Reggaeton ~ Bachata~ Cumbia ~ Pop ~ Dembow~ Soca and more It's a full body workout that will make you sweat and tone muscles without making you feel like you are working out!
	PROMOTES BALANCE, STRENGTH, FLEXIBILITY , AND RELAXATION THROUGH VARIOUS POSTURES AND BREATHING.
	This class fuses the flexibility and relaxation of yoga along with the stability and core work of Pilates.
	(30 MIN) THIS CLASS WILL FOCUS ON THE ABDOMINAL AND LOWER BACK REGION WHICH WILL HELP DEVELOP A STRONGER CORE. CLASS WILL USE A VARIETY OF MODALITIES INCLUDING BODY WEIGHT.
	<b>(45 MIN)</b> Cardio kickboxing and conditioning is a full body, non-contact workout. The choreography is martial arts inspired to include combinations of kicks, punches, and strikes along with overall strength training and conditioning!
	(30 MIN) BASED ON THE SCIENCE OF FUNCTIONAL MOVEMENT, CIRCL MOBILITY FOCUSES ON FLEXI- BILITY, BREATH WORK, AND MOBILITY EXERCISES. CIRCL MOBILITY HELPS YOU RELEASE STRESS, RE- STORE YOUR RANGE OF MOTION, AND RENEW YOUR ABILITY TO MOVE BETTER, LONGER!
	HAVE FUN AND MOVE TO THE MUSIC THROUGH A VARIETY OF EXERCISES DESIGNED TO INCREASE MUS- CULAR STRENGTH, RANGE OF MOVEMENT AND ACTIVITIES FOR DAILY LIVING. HAND-HELD WEIGHTS, ELASTIC TUBING WITH HANDLES, AND A SILVER SNEAKERS BALL ARE OFFERED FOR RESISTANCE. A CHAIR IS USED FOR SEATED AND/OR STANDING SUPPORT.
	(45 MIN) UTILIZES THE ORIGINAL INDOOR CYCLING BIKES PROVIDING A CHALLENGING AND EXHILARAT- ING WORKOUT. THIS WORKOUT IMPROVES CARDIOVASCULAR ENDURANCE, ,MUSCULAR STRENGTH, AND POWER!
7UMARO	(45 MIN) DANCE-~SALSA~ REGGAETON ~ BACHATA~ CUMBIA ~ POP ~ DEMBOW~ SOCA AND MORE IT'S A FULL BODY WORKOUT THAT WILL MAKE YOU SWEAT AND TONE MUSCLES WITHOUT MAKING YOU FEEL LIKE YOU ARE WORKING OUT!
	<b>(45 MIN)</b> A PEOPLE-INSPIRED FITNESS PROGRAM THAT COMBINES EXPLOSIVE DANCE MOVEMENTS WITH BODY WEIGHT TONING!