

## *Class Descriptions at HealthQuest Oxford*

### **ALL LEVELS BOOT CAMP**

All Levels Boot Camp is an interval training class designed to challenge all fitness levels. We use Tabata-style, TRX suspension and much more. Every class challenges you in a new way to keep you from plateauing and make it exciting along the way. We work as a team as well as individually.

### **CARDIOBLAST**

Achieve a high-calorie burn through an exciting fusion of athletic conditioning and strength-challenging movements to tone large and small muscle groups. Heart-pumping music inspires and challenges your cardiovascular system. Class finishes with a deep stretch to restore oxygen, increase flexibility and make your hard work most effective. Class is designed with modifications for all levels.

### **CARDIOGROOVE**

Find your "groove" in this cardio-dance class which will melt the calories, challenge your stamina and leave you feeling exhilarated and refreshed! Simple to follow movements to your favorite music in all the popular genres will feel like a party instead of exercise! No dance experience necessary!

### **CORE BARRE**

Core Barre class combines athletic conditioning with Pilates and Ballet focusing on the small muscle groups to create lean and toned bodies, incredible balance and alignment as well as a strong core! The format of the class is high energy, low impact with a quick pace set to music. The class incorporates a lot of stretching to recover fatigued muscles. You will love how this class transforms your mind and body!

### **MELT METHOD**

The MELT Method is a self-treatment technique that uses a soft body roller and small MELT balls to reduce pain, improve performance and help you stay healthy for a lifetime. If you wake up stiff in the morning, or suffer from neck pain, back pain, planter fasciitis or if you have no pain and want to stay that way, this class is for you! We offer on-going MELT classes, workshops, intro classes and private sessions. Please speak to certified MELT Method Instructor, Cyndy DuVal at [cyndyandmichellefitness@gmail.com](mailto:cyndyandmichellefitness@gmail.com). For more information on MELT, visit: [www.meltmethod.com](http://www.meltmethod.com)

### **PILATES**

Cyndy DuVal, Certified Stott Pilates Instructor invites you to her class to learn how to engage the mind and condition the body in order to gain better posture, core strength and increased body awareness. A variety of equipment is used for a new workout in this very popular class!

### **TRX FUSION**

TRX Fusion is a suspended training system for overall strength along with cardio circuits using various small equipment, such as the bosu, large balls and jump ropes to name just a few. You will feel and see the results from this class. All fitness levels welcome!

### **INTRO TO YOGA**

New to yoga? Learn the fundamentals and principles of yoga with this easy-to-follow practice. We will incorporate our breath with basic poses and will move at a very slow pace that accommodates most body types.

### **GENTLE YOGA**

A great class for beginners. Learn how to breathe deeply and move your body in its full range of motion improving strength, flexibility, balance, and coordination.

### **RESTORATIVE YOGA**

A yin-style of yoga that offers long-held stretches while staying on the ground the whole time. Learn how to meditate and release tension throughout your mind, body, and spirit and how to deal with the pressure of daily life.

### **ZUMBA GOLD**

Zumba Gold is a fun, upbeat "exercise in disguise" class where rhythms with a slower pace and less intensity are key. Come join this fun and easy dance-fit class and feel refreshed while the music puts a smile on your face. Sweat, burn calories and relieve stress in the process! *No dance experience necessary!*