



Belleville Branch | Fitness Class Descriptions

GENTLEFIT – All are welcome! Traditionally attended by older adults, this class is suitable for any age group! Groovin’ to the oldies, basic strength exercises combined with low impact cardio moves; participants can enjoy a total body workout 3 times per week!

CARDIO-CORE-SCULPT – Upper body, lower body and core exercises mixed with a little cardio? This class will give you a SERIOUS calorie burn!

YOGA – Lengthen your muscles and relax your mind while being led through a series of traditional yoga poses.

CHAIR YOGA – Incorporating a chair into a traditional yoga practice makes yoga accessible for all! If balance or compromised stamina for standing positions has stopped you from joining a Yoga class, Chair Yoga is for you!

CYCLEFIT - Motivating music combined with creative cycling drills ensures a high energy cardio workout!

MECHANICS OF MOVEMENT - This 10 session class will help you learn the principles of body alignment necessary for an injury free, healthy practice. Taking from Eastern modalities, we will learn basic yoga asanas; tai chi and qigong movements as well as breath work techniques. Portions of this class may be “hands on” to ensure optimal body alignment is used. These classes are geared for those who are yoga curious or those who are interested in optimizing the benefits of their practice.

MEDITATION - Enjoy the experience of being guided through a series of meditation techniques that will enhance your ability to calm your mind and heal your body. This mindfulness meditation practice uses mantra, breath work and other visualization techniques to create a sense of calm and peacefulness within oneself.

CARDIO STRENGTH – A mix of cardiovascular and strength training using a variety of equipment.

DANCEFIT – A fusion of dance, martial arts, and mindfulness practices with an eclectic and fun mix of popular radio hits.

CYCLE-STRENGTH-CORE – A little bit of everything! In this class you will be on and off the bike - cycling drills combined with resistance training exercises and core work.

HIIT – High intensity interval training combining both strength & cardiovascular exercises – be prepared to sweat!

PILATES – Performed on a mat; exercises target the glutes, hips, pelvic floor and back to promote strength, stability and flexibility in the body.

Classes can be adapted for any level of fitness; all are welcome!