

Visit [www.ToneUpRaleigh.com](http://www.ToneUpRaleigh.com) or Call (919) 518-1181

**Body Sculpt** – a muscle endurance class focusing on toning and sculpting all muscle groups. High repetitions are used with or without weights to gain strength through muscle endurance. This class is great for the beginner because proper technique is taught in each class; however it can be challenging enough for the seasoned weight lifter. The instructor will help you modify to your fitness level. We challenge you participate in this class consistently – watch your body improve!

**BOSU** – stands for *Both Sides Utilized* or *Both Sides Up*. This is a physically demanding class that will strengthen the body and engage the mind. If you have a BOSU, bring it to the class. If you don't have a BOSU, we have steps benches here for you to use. Come give it a try.

**Cardio Express!** – get your heart pumping and start the day with Cardio Express! 30 class minutes - comprised of a warm-up, cardio moves (low and high impact) and cool down.

**Cardio Sculpt** – get an amazing muscle workout and cardio workout all in one. This Bio Metric workout will get you all charged up, up, up, and only 8 more, now 8 more. See you Saturday morning!

**Cut N Up** – cardio circuit training with a pump! Cardio stations with intervals of muscle work that will keep your heart pumping. The best way to burn fat!

**Gentle Yoga** – enjoy an hour long yoga class that uses a mixture of gentle, restorative and foundational yoga poses to allow you to unwind and relax. This class is designed to allow you to explore poses and movements in a safe and loving environment with the use of props. You will also learn how to let go and relax into poses through the use of your breath. The class closes with a deep savasana (final relaxation) and meditation. Come prepared to leave feeling relaxed and energized. Gentle yoga is perfect for all levels.

**Jazzy Combo** – this class is always a surprise. The instructor will chose a low impact dance routine of some variety and remember the surprises keep coming! Dance experience is not necessary. This class keeps the fun in cardio! Toning will be incorporated to maximize the fat burning of this cardio class.

**Mix N Match Cardio** – variety is the spice of life! This is a mix of cardio classes all in one. This class may start with step and end with kickboxing. Easy choreography makes it fun for everyone!

**Pilates** – is an exercise program that focuses on the core of your body. This improves balance and is essential to providing support for the spine. Pilates teaches awareness of breath and alignment of the spine, and strengthens the deep torso muscles. This class is for beginners to intermediate.

**Pilates Express!** – focus on strengthening your core in this 30-minute Pilates workout.

**Sculpt** – we start working larger muscle groups and transition smaller muscle groups doing isometrics, isotonic and isokinetics using weights, tubes and resist-a-balls, strengthening core body muscles, stretching each muscle group with a cool down at the end. You'll be glad you came!

**Sculpt Express!** – jump start your morning in only 30 minutes. This class will help you develop muscular strength and endurance as well as toning and sculpting your body. Weights, tubing, bands and bars will be used to develop and strengthen the entire body. We'll get our dumbbells and barbells ringing as this fast paced, resistance workout leads to a nicely sculpted and toned Bod!

**Trivia-** join us on the circuit at the top of each hour: 4, 5, or 6pm on Tuesday and Thursday nights to play trivia while we workout! This fun distraction will make the time fly by. Don't worry- the questions have multiple choice answers!

**Videos** – join other members in the activity room to workout to an exercise video of members' choice. The videos are tough workouts, but you can workout at your own pace and make new friends!

**Vinyasa Flow Yoga** - is a wonderful practice to explore and/or integrate into your existing yoga practice or to begin with. The beginners series for Vinyasa yoga is designed to teach you movement with the use of your breath flowing through the stages of postures. Vinyasa flow yoga is beautiful form of yoga, it is a movement meditation all and in of itself through the union of the body, mind and breath. Come, explore and learn the nature of your body and breath and dare to expand and grow as a woman!

**Water Aerobics** -- summer has arrived early this year so here's your chance to keep cool and stay in shape. Outdoor water aerobic classes will be held at the Falls River Club, located at 1300 Falls River Avenue (just up the street from us). RSVP, space is limited. Friends and non-members can also attend for \$129 for the entire summer. Call for more details.

**Yoga Fundamentals** - Yoga fundamentals is a yoga class designed to teach the fundamentals of yoga postures and breathing techniques in a calm and peaceful environment. This class is a great way to jump start your yoga experience or to enhance an already established yoga practice.