

The Virtual Studio - Fall 2020

August 24th - December 11th

See the “Events” Tab in the Group for class details and Zoom links.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 AM						Barre Fusion via Facebook Live
10:00-11:00 AM		AOA FitMix via Facebook Live		Strength & Conditioning via Facebook Live	R&R Yoga via Facebook Live	
12:00-12:45 PM		Strength 101 via Facebook Live		Yoga Flow via Facebook Live	Flash Friday (12:00-12:30 PM) via Facebook Live	
12:15-12:45 PM	Rest, Relax, Restore via Zoom		Core Strengthening via Zoom			
5:30-6:30 PM	Step It Up/ Yoga Flow (alternating) via Facebook Live	Zumba® via Zoom	Circuit Training via Facebook Live	Kickbox Bootcamp via Zoom	Meditation & Relaxation via Facebook Live	

Beginning August 24, 2020, all new and returning members must complete the online registration process.

See “Registration” post on the main page for instructions on renewing registration.

Group Exercise Class Descriptions

AOA FitMix improves your overall functional fitness with our innovative exercises that target range of motion, coordination, balance, and cardiovascular and muscular fitness.

Barre Fusion will incorporate small isometric movements from ballet, Pilates, and yoga for a full-body sculpting class. No ballet background is needed.

Circuit Training incorporates elements of high intensity and functional training to strengthen the entire body. This workout is catered towards all levels of fitness. Please wear clothes that you can move in.

Core Strengthening is designed to work large muscle groups and deep core muscles with bodyweight exercises. Please wear clothes that you can move in and bring water and a mat.

Flash Friday is a 30-minute express class for those who want to get in, break a sweat, and get out. Full-body strength and cardio circuits using minimal equipment are designed for all fitness levels, and can be done indoors, outdoors, at home or at the office.

Kickbox Bootcamp comes at you with martial arts-inspired strength, endurance, and interval drills designed to torch calories while boosting your overall fitness.

Meditation & Relaxation is designed for those looking for ways to slow down their thoughts, increase awareness and reduce stress. The class will begin with slow, mindful movement to get the blood flowing, bringing you to the present moment & will end in stillness to practice cultivating awareness through observation.

R&R Yoga (Restore & Rejuvenate) is a luxurious yoga practice that flows slowly through gentle movements to calm, nourish, and rejuvenate the body.

Rest, Relax, Restore is all about taking time out of your day to relax your body and rest your mind. Stretching combined with short rest periods will ensure you feel refreshed and ready to conquer your day.

Step It Up is one of the cornerstones of aerobic fitness and our modern version will keep your body stronger than ever with a perfect combination of cardiovascular and muscular training movements.

Strength 101 is a 45-minute class that will build your strength using your body weight and other household items – right at home.

Strength & Conditioning works to improve strength, stamina, and power using functional movements and a variety of equipment in this constantly varied, always challenging class.

Yoga Flow soothes the soul and relaxes the mind while moving your body as you follow your breath.

Zumba® is like working out at a party! The fusion of hypnotic Latin & International rhythms with aerobics dance elements are designed to improve balance, coordination, agility, muscle tone, & keep the heart healthy.