**Online Exercise Modules/Programs**

**Class Type:** Yoga

**Class Description:** This class is excellent in helping with flexibility, improving range of motion, improving joint pain and overall strength.

**Class Type:** Functional Training

**Class Description:** This class is designed to strengthen muscle groups that are utilized in our normal daily activities.

**Class Type:** Basic Bands

**Class Description:** This class utilizes bands to help with increasing strength, flexibility and helps create a greater range of motion.

**Class Type:** Endurance Circuit Training

**Class Description:** This class is a full body workout that targets different muscle groups in intervals.

**Class Type:** 7 Essential Movements

**Class Description:** This class contains the 7 fundamental movements utilized in all exercises

**Class Type:** Basic Body Weight Resistance

**Class Description:** This class helps with learning proper form and technique in which the body weight is used against gravity to enhance strength and burn calories

**Class Type:** Core & More

**Class Description:** This class is designed to strengthen core muscles. (This class contain floor exercises.)

**Class Type:** Interval Circuit Training

**Class Description:** This class is a full body, time-efficient workout that focuses on cardio exercises with intermittent bursts of energetic moves to challenge your body.

**Class Type:** Sunrise Yoga

**Class Description:** A 30 minutes mind-body workout to stretch dynamically and add a calm start to your day.

**Class Type:** Ultimate Upper Body

**Class Description:** This class is designed to build strength and muscle in the upper body and core.

**Class Type:** Lower Body Lunch Break

**Class Description:** This class is a 30 minute express workout focusing on large muscles in the lower body.

**Class Type:** Ball & Balance Training

**Class Description:** This class challenges participants by incorporating an exercise ball to strengthen and control balance.

**Class Type:** Dumbbells and Bands

**Class Description:** This class helps with strength training and burning additional calories by incorporating bands and dumbbells.

\*\*To register for the online exercise modules/programs, please contact our office at **812-372-2245** for further assistance\*\*