

atrio FITNESS CLASSES

FITNESS FUSION: A broad and dynamic workout to challenge your strength, endurance, speed, mobility and balance. Be ready to burn fat, build lean muscle and see results.

BOOTCAMP: This high energy total body workout uses bands to body weight to give you a fun and interactive experience.

BARRE FUSION: Plan to do some free-standing lifting using light weights, some mat work, and plenty of Barre work. The class also incorporates stretching segments after each strengthening series - lengthen your body and increase flexibility while you tone.

VINYASA YOGA: Synchronize breath with movement. Students will focus on linking conscious breath with a mindful flow. Students awaken their strength, energy, and flexibility. Learn to develop strong transitions between poses.

ENERGIZED MAT PILATES: Get Energized, Align and toned the body with this low impact hour class. Use the principles of mat pilates with a fusion of fitness to provide a total body workout

HATHA YOGA: This class is directed toward understanding the Self – beginning with proper alignment of the physical body in a wide variety of yoga postures. Yoga props are used to accommodate stiffness, pain or injury. The mind is actively engaged in making corrections to the postures so that the body learns to work more efficiently. The practice will blend strength and stretch, effort and ease, movement and stillness.

CIRCUIT TRAINING: Designed to strengthen the cardiovascular system, tone muscles, and boost balance, flexibility, endurance and speed. We use dumbbells, resistance bands, foam rollers, BOSU, elevated benches and other equipment. Exercises can be modified to accommodate all fitness levels.

CORE & STRETCH: Core and Stretch class is designed to strengthen your core and increase range of motion. This class works every angle of your core – the area between your neck and hips – and lengthens your muscles. Mainly mat work, this class will improve posture, decrease joint pain and help prevent injury as a strong core and flexible muscles is your foundation to great health.

ROLL & RELEASE: This class utilizes fitness balls and foam rollers to relieve tension and stretch out sore muscles. They will also be used for improving core strength, flexibility and balance.