

FCCC FITNESS MINISTRY

CLASS DESCRIPTION

BARRE FUSION—BARRE Fusion starts with a Dynamic warm-up and then Fuses various low impact, high intensity, full body movements that will improve flexibility, strength, and endurance. This class will get you moving and sweating. ALL FITNESS LEVELS

YOGAFIT - FLEXIBLE STRENGTH - Flexible Strength class consist of a variety of exercises focusing on Flexibility, Strength, Balance and Relaxation. It will relax and revive tight muscles improving your range of motion along with adding in basic core building moves to build muscular strength, balance and stability and finishing with Relaxation for overall wellness for Spirit, Body and Mind. –
ALL LEVELS

IRON/CORE AND MORE— Combination of upper and lower body strengthening and body weight exercises that will focus on a total body workout for improved Cardio, Core strengthening and overall toning. ALL LEVELS

TAI CHI– *(TaiChi for Arthritis and Falls prevention)* is a mind, body exercise focusing on slow flowing movements with focused breathing. Tai Chi improves muscular strength, flexibility, fitness, improves immunity, relieves pain and improves quality of life. It is easy to learn, yet because of its depth, no one ever knows it all, and thereby lies the fascination and the never-ending challenge of the art.