

## RANCH STUDIO

### DANCE THE LINE

This special line dancing class fuses fitness and fun! High-energy music and moves deliver all the choreographed steps and sequences you love. Lori packs this revved-up line dancing experience into a 45-minute class, encouraging a workout pace.

### BEAT

A low-impact aerobics class that uses drum sticks to pound out the "beat" and work up a sweat! This class encourages large, dynamic movement through "clicking" and "drumming" to improve cardiovascular health and build strength.

### CARDIO BLAST

This high-energy cardio class offers a variety of low-impact aerobic-style movements that will boost your heart rate and burn calories. All fitness levels are welcome to join!

### CROSS CAMP

This high-intensity, interval-style workout incorporates elements of strength, agility, and conditioning. Each class blends circuits of cross-training and boot camp style exercises. Designed to burn fat and build muscle, this workout promises a varied mix of high-energy training.

### DANCE PARTY

This low-impact, dance-inspired workout is sure to work up a sweat! A variety of music and dance styles will get you motivated to move. Forget exercise; you have an invitation to the dance party!

### G.R.I.T.

(Get Real Interval Training) is a full-body conditioning workout. Moderate to high-intensity exercise intervals focus on strength training and are paired with cardio bursts. G.R.I.T. and determination will get you fitness results fast!

### MUSCLE MIX

Challenge muscular strength, endurance, and balance through a variety of exercises incorporating dumbbells, resistance tubes, platforms, and other small apparatus.

### PILATES

Learn core strengthening techniques that improve balance, flexibility, and mobility. This class includes floor and standing movements aimed at improving overall posture and pain management.

### POWER PUMP

A barbell training class designed to build strength and muscle. With the ability to change the resistance load quickly, this class also elevates the heart rate response. Build muscle and burn fat!

### POWER FLOW YOGA

This practice incorporates a quicker, consistently paced flow of yoga poses. Flow yoga is designed to increase your stamina, strength, and stability. The yoga poses 'flow' from one to another with no break in between. The challenging, dynamic movements increase the pace and intensity in this mind-body class.

### YOGA FLOW\*

This class introduces more challenging aspects of the Vinyasa practice. The flow of yoga postures encourages muscles to strengthen and lengthen, all with a mind-body focus for improved wellness.

### HATHA YOGA\*

This class begins with a slow flow of postures, then moves into a variety of sequences perfect for promoting joint health. The practice concludes with a restorative series of deep, relaxing floor postures and breath exercises that restore a sense of balance and well-being.

### ZUMBA®

Zumba®'s high-energy dance moves are blended to the rhythms of salsa, meringue, cumbia with reggaeton, and hip hop. Zumba brings you an inspired cardio-dance workout like never before.

### STEP AEROBICS

This classic cardio workout has all the benefits of a high intensity exercise without the added joint stress. The continuous stepping up and down off of the platform is low on impact but high in energy. The step height is variable to accommodate all fitness levels. Step Aerobics a great heart pumping, calorie burning workout! Some classes may conclude with a few conditioning exercises.

### STRETCH, FLEX & BALANCE

#### \*\*NEW FOR FEBRUARY\*\*

This class is designed to help the body come into a 'balance' of strength and flexibility. The stretching techniques will incorporate breath work to encourage relaxation and tension release. The goal is to improve range of motion and establish muscular balance. The stretches may use props such as straps, blocks or stability balls. This class is suitable for all levels and body types.

*\*Mats are limited. It is recommended to bring your own.*

## SPIN STUDIO

### POWER CYCLE

An interval-style cardiovascular workout on indoor Spinning® bikes. Instructors coach you on various road profiles. New students are advised to arrive early to get fitted on a bike properly.

## POOL

### AQUA SCULPT & TONE

Water's resistance provides the perfect opportunity for strength and conditioning exercises. Not only will this class help to reshape your body while improving strength, balance and flexibility, it provides a low impact, supportive environment. Thanks to water's impact on gravity, it creates the ability for you to move safely through large ranges of motion, which improves function.

### H2O FIT\*

Water is a wonderful environment for exercise. This class provides the healthful benefits of cardio and strength exercises while reducing the impact experienced on land.

### H2O HIIT\*

This high-energy aqua class incorporates timed intervals of exercise and recovery. The exercises can be done at your own pace. All fitness levels are welcome.

*\*Aqua Classes are limited to 25 participants. Sign-in is available one hour prior to class start time.*

## SPECIAL PROGRAMMING

### AFRICAN DANCE

Join DeNaya Wilkerson, a certified fitness professional, for an authentic African dance experience. Rooted in traditional and contemporary styles, this stylized dance class will move you to vibrant rhythms. This is a special opportunity for a unique workout experience with DeNaya!

## TRX® STUDIO

12 PERSON MAX

### TRX® HEALTHY JOINTS I

This is perfect for the TRX® newcomer or those seeking a gentler approach to suspension training. Healthy Joints I supports active aging by improving strength, flexibility, and balance. This small group format ensures personal attention for maximum results.

### TRX® HEALTHY JOINTS II

This session is the perfect progression for those with experience and success in Healthy Joints I. You can expect a higher level of challenge with regard to training strength, flexibility, and balance.

### TRX® TURBO

This heart-pounding hybrid of suspension training combines kettlebells, BOSUs, and dumbbells for an accelerated, high-intensity challenge. TRX®-Turbo uses timed intervals for a metabolic workout that builds core strength, endurance, and athletic performance.

### PUNCH OUT PD

The sport of boxing requires speed, agility, balance, strength, and stamina. These are the same things people with Parkinson's need to preserve or regain. This circuit style class incorporates rigorous, power training that strengthens muscles and empowers confidence. People with Parkinson's disease can enhance their quality of life with the right exercise. This program will help people combating PD feel better and function better. Don't sit back...come out swinging and Punch out Parkinson's!

## VIRTUAL WORKOUT

### #TOOFITTOQUIT

Keeping fit at home is easy with The Ranch's virtual workouts! We have carefully crafted a balance of workouts that will enable you to keep up with your favorite exercises. These workouts are designed for limited space and incorporate equipment easily found at home.

To view our library of fitness videos, visit [RanchOcala.com/Virtual-Fitness](http://RanchOcala.com/Virtual-Fitness). Once you select a video, simply enter your email address and name to gain access.

