

THE SPA AT SHORT HILLS

CLASS DESCRIPTIONS

AquaSplash

An invigorating cardiovascular and toning pool workout. Great for all ages!

Ashtanga Yoga

A vigorous style of poses that focuses on breath and flow. Enhances body awareness and increases strength, endurance and flexibility.

Athletic Yoga

Yoga practice that works with the body's strength, focusing on flexibility and alignment through classic poses.

Balance/Strength

This gentle weight-bearing and overall body-conditioning class is ideal for anyone concerned with osteopenia and osteoporosis.

Ballet

A beginning ballet technique class at the bar. Combines stretching with flowing, rhythmic movement to enhance flexibility and balance. Ballet shoes suggested.

Boxing & Abs

A challenging combination of cardio, boxing and core strength.

Cardio Pump

Challenging workout using step aerobics and weight training for maximum results.

Chopra Center Yoga

Based on the practices of Dr. Deepak Chopra's Seven Spiritual Laws of Success, this intense yoga workout also incorporates Eastern wisdom and philosophy.

Gentle Yoga

A relaxing class that combines stretching, breathing and visualization for a stress-reducing experience.

Healthy Back & Abs

Abdominal core and back strengthening workout.

Kripalu Hatha Yoga

Uses a smooth transition from pose to pose—concentrating on breath to lubricate the joints, strengthen muscles and stimulate mind-body awareness.

Intro to Personal Training

Introductory class explores the benefits of personal training. Uses circuit training equipment. (Pilates reformer included.)

Kickboxing

An advanced high-energy workout using martial arts and boxing moves.

Pilates

Nationally known fitness system based on the historical work of Joseph Pilates. Experience flexibility and core muscle strengthening.

Pure Strength

A weight-lifting class for everyone. This class uses weighted body bars and free weights to work every muscle group.

Ring/Band Pilates

An innovative workout that develops strong core stability while toning arms, legs and buttocks with a Pilates ring and/or bands.

Stretch & Revive

Work out the kinks with a relaxing class designed to increase flexibility and range of motion.

Studio Spin

A fat-burning cycling class designed to keep your heart rate up and your waist size down!

Tai Chi/Qi Gong

A movement-based meditation based on ancient martial arts. Harmonizes mind, body and spirit.

Vinyasa Yoga

Breath is carefully coordinated with postural movements to create a flowing rhythm.

Yogacore

Teaches basic yoga postures with an emphasis on core strength.

Yogilates

A flowing sequence of movements that combines yoga and Pilates principles.

In consideration of your fellow students, we kindly request that you observe our Spa standards of etiquette. Please refrain from wearing perfume or cologne in the studio, gym or pool. Please do not bring cell phones into The Spa. For your safety, there will be no admittance to class 10 minutes after class has begun. Thank you for your cooperation.