



## FITNESS CLASS DESCRIPTIONS

**Zumba:** A fusion of hypnotic Latin rhythms with easy-to-follow, calorie-burning, body-energizing, awe-inspiring movements to create a one-of-a-kind dance fitness class that will blow you away!

**Basic Zumba:** Learn the basics to dance the Merengue, Salsa, Cumbia and more! This class is a great introduction to Zumba!—for beginners and older adult.

**Cycle/Flow:** 30 minutes of heart-pumping cardio on the bike, followed by 30 minutes of mat work “flow” to enhance strength, balance and flexibility using sequences of active and static poses. Bare feet and sticky mat recommended.

**Step & Strength:** Step for cardio and strengthen with a variety of props either interval style or as an entire half hour back-to-back non-stop workout. Class is 60 minutes

**20/20/20:** 20 minutes of 3 different workouts offered in 1 hour. A great way to experience 3 classes in 1!

**Cardio:** Instructor will lead you through a series of exercises to elevate the heart rate. Exercises could include Step, Kickbox, Low, etc.

**Strength:** Variety of props used (bars, dumbbells, medicine balls, stability balls, and tubing) to tone and strengthen the body.

**Core:** Resistance exercises challenging core muscle strength. May include Pilates-inspired movement. Total Body Strength: Resistance training using a variety of props for a total body workout!

**Body Bar/Kickbox Combo:** Weighted bars (9-,12-,15-,18-,22-, 24-,30- and 36-lbs) are used for a full-body workout. Music is used to set tempo and enhance this sculpting class. Intervals of Kickbox include punches, kicks, squats and lunges to get your heart rate up into your aerobic zone.

**Insanity Live:** Burn serious calories and fat while conditioning your entire body! This is a high-intensity interval workout using body weight and movement sequences to challenge power, strength, balance, agility, coordination and anaerobic endurance. Modifications are offered to accommodate people of all fitness levels.

**POUND®:** Channel your inner rock star with this 45-minute full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums! Burn up to 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, stronger physique – all while rocking out to your favorite music! POUND® combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Ripstix®, lightly weighted drumsticks, are provided. All fitness levels welcome. A mat is required to participate.

**PiYo** combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. The tempo of this class is meant to deliver a true fat-burning, low-impact workout that will leave your body looking long, lean, and incredibly defined. Set to upbeat music, PiYo is constantly moving and athletic. Come get drenched in sweat!

**Cardio Yoga:** Make no mistake, this is not simply yoga sped up. Based on scientific “Power Posturing”, rhythmic flow and an innovative teaching methodology,

**CARDIO YOGA** (tm) is a sweat drenched, mind-altering journey that elevates the euphoric endorphin high of fitness into the next dimension. The class experience is an emotional voyage, guiding students to break through negativity and obstacles while reaching for their highest potential. Move beyond traditional fitness...into the next dimension.

**Flow Yoga:** A form of yoga utilizing various postures to build heat in the body while focusing on the flow of breath and movement. Flow yoga emphasizes a balance of strength and flexibility through holding poses longer as well as incorporating a vinyasa style with greater variety of postures and fluid transitions. Poses will include forward folds, backbends, twists and inversions. Previous yoga experience is advised. Sticky mat recommended; bare feet recommended.

**Slow PiYo Flow:** If you love the flexibility benefits of Yoga, but prefer a more choreographed, constantly moving class set to upbeat popular music, then Slow PIYO Flow is the class for you. Slow PIYO Flow is an athletic, total body strength and stretch class designed to increase flexibility, balance, agility, and strength. A true mind, body connection, the vibe is upbeat and engaging, challenging not only your physical capacity, but also stimulating your mind. All you need is your yoga mat, bare feet, and a willingness to go beyond the traditional Yoga class.

**Basic Yoga:** This class is a great introduction to yoga. You will learn basic yoga postures and proper breathing technique to improve joint range and oxygenation. Sticky mat, strap and block (all available) and no shoes recommended.

**Gentle Stretch:** Take your body through a series of gentle stretches on the mat to improve joint range of motion, posture and balance. Special consideration is taken for those with limitations—this class is for everyone. Sticky mat, strap and block (all available) and no shoes recommended.

**SilverSneakers® Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching and relaxation exercises. \*Perfect for beginners and older participants.

**Cycle:** This class is sure to raise your heart rate as well as give your lower body a killer workout. Class is 60 minutes long.

**Please let us know how we can better accommodate you and keep your workouts motivating & enjoyable! You can do this simply by filling out a comment card located in the front lobby area. I welcome your comments and suggestions and will gladly contact you personally! Thank you! Rene’ O’Connor, Group Fitness Coordinator**

