

## Group Fitness

### Class Descriptions

#### Cardio

**Athletic Edge** A 75-minute class designed for runners, cyclists and triathletes. Focuses on training variables that include running and/or cycling to improve your fitness and performance combined with mostly bodyweight exercises to improve strength. \*Class meets under the mezzanine

**Insanity Live!**<sup>®</sup> Cardio conditioning broken into four 7-minute segments that focus on endurance & plyometrics, strength & balance, coordination & agility, and finishes with core strength & stability.

**Step** This class helps get your cardio training in as you learn step aerobics patterns. Our instructors know how to break it down and cue effectively so the choreography is easy to follow, yet challenging enough to get a great cardiovascular workout!

**SPRINT**<sup>®</sup> A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

**STRONG by ZUMBA**<sup>®</sup> This class is a high-intensity total-body workout. STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Tone your abs, legs, glutes and arms as you squat, plank and burpee.

#### Cycling

**Cycling** This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

**Endurance Cycling** A 65-minute class that incorporates longer endurance drills to help anyone who is looking to build or maintain endurance through the winter months.

#### Dance

**ZUMBA**<sup>®</sup> Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba<sup>®</sup> Fitness classes are often called exercise in disguise.

**ZUMBA Gold**<sup>®</sup> This class is for anyone looking for a modified Zumba<sup>®</sup> class that recreates the original moves you love at a lower-intensity.

#### Mind/Body & Pilates

**Balance Barre** Designed for the active older adult, this class emphasizes safety and body awareness while keeping the intensity and high energy of a Barre workout at the forefront.

**Body Barre** Pilates based workout designed to shape and tone postural muscles while building core strength. Incorporating classic ballet positions, this class is a combination of cardio and strength with high reps of small range-of-motion movements.

**BODYFLOW**<sup>®</sup> This is a yoga-based class for anyone and everyone. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

**Mat Pilates** Focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace. Learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

**Stretch and Relax** Gentle stretching set to relaxing music to improve range of motion and prevent injury.

**Try It Out Pilates** For new students who would like to learn the basics of the reformer. Sign up at the front desk to reserve a spot.

**Yoga** Our professional instructors will assist participants at ALL levels in improving flexibility, balance and muscular endurance through a series of yoga postures. The use of props is always welcomed and encouraged. Yoga mats, straps and blocks are available in the classroom for use during class, but feel free to bring your own.

# SilverSneakers® FITNESS



**SilverSneakers Circuit®** This class incorporates low-impact choreography alternated with standing upper body strength work using hand-held weights, elastic tubing with handles and a ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

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

**SilverSneakers Yoga®** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

## Strength

**BODYPUMP®** This Les Mills barbell class is based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone and strengthen the entire body. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music. Come at least 5 minutes prior to class to set up.

**Build and Burn** Combine low impact cardio with resistance training for a full body workout. Utilize dumbbells, glider discs, loop bands, steps and bodyweight exercises for a diverse workout.

**Metabolic Strength Training** A dynamic mix of cardio and strength training for a highly effective workout. Full body functional movements to gain strength and power. Use a mix of equipment ranging from battle ropes, kettlebells, barbells, dumbbells, to slam balls and more.

**Muscle Works** Strengthen and tone your entire body. This class combines weights, music and instructor motivation to keep you moving and your energy level high.

## Specialty Classes

**Core** More than just crunches! This 15-minute class will target and strengthen the entire core.

**Drum Fit** You will use drumsticks in a choreographed workout of cardio and core strength set to energetic, motivational music for 30 minutes. The remainder of the class will be spent on a yoga/stretching mat going through a series of poses.

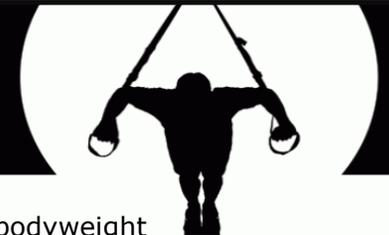
**Hula Hoop** Learn how to hula hoop and turn it into a fun workout to use your core.

**Kids Fit 'N Fun** This class is for children ages 2-5 years old. Class combines fun and fitness in a way that children love. Sing and move along to the music for the first half of class, then take on the obstacle course and have fun with the parachute the last 15 minutes of class. Parents or grandparents are welcome and encouraged to participate.

**Morning Madness** A class designed to give you a high intensity cross training workout, no two classes are ever the same. You will use a variety of equipment in each class to keep your muscles guessing.  
\*Class meets at the north end of the 2nd basketball court

**Tai Chi** This class helps to reduce stress and improve balance. Class focuses on proper breathing and form.

## TRX SUSPENSION TRAINING



Utilize the suspension trainer and your bodyweight to simultaneously develop strength, balance, flexibility and core stability. Control how much you want to challenge yourself by adjusting your body position accordingly.