

GROUP FITNESS CLASS DESCRIPTIONS

Classes 5-10 minutes warm-up and 5-10 minutes of cool-down consisting of light activity and stretching.

CARDIO CLASSES

Cardio-Mix – A dynamic program full of calorie burning hi/lo floor aerobics followed by a variety of body toning routines, cool down and stretch.

Cardio Blast- High intensity cardiovascular work modeled to fit a bootcamp style of class.

Cycle– Multi-level, non-impact cardio workout performed to motivating music on a stationary bike. *45 minute classes recommended for those new to indoor cycling.* **Cycle 60** classes are 60 minutes. Please bring towel & water bottle.

Cycle Circuit- classes mix cardiovascular activity on the bike with resistance training off the bike.

Kickboxing- A high intensity cardio workout that gets your heart rate up with a variety of punches, jabs, and kicks.

Step - Low impact cardiovascular workout that can be either low intensity or high intensity.

ZUMBA™ -A fun, motivating combination of Latin inspired international music and dance steps guaranteed to make you sweat!

ZUMBA Gold- A lower intensity version of ZUMBA perfect for the active older adult or those just beginning to exercise.

MUSCULAR STRENGTH/ENDURANCE/FLEXIBILITY

Total Body- Complete workout using a combination of steps, weighted body bars, hand weights, medicine balls, tubes, and/or stability balls.

Core Conditioning - A variety of muscular endurance exercises designed and sequenced to work all major muscle groups while building core strength and improving posture and balance.

Lunchtime Crunch- Total body workout using any combination of steps, body bars, hand weights, core pole, or stability balls that will fit into your lunch break.

Ab Attack – Short, yet intense class focusing on strengthening the muscles in the “middle” of the body. Great for all levels.

Stability Ball – Non-impact functional exercise that improves balance and coordination while simultaneously improving muscular strength and endurance particularly focusing on the “core” muscles. Participants will also learn how to use the ball to facilitate stretching and increase range of motion. Previous experience recommended.

SENIOR FRIENDLY

Functional Fitness – A class designed for the active mature adult, post-rehab, and/or individuals wishing to improve their strength, flexibility, coordination and balance in everyday activities. A variety of resistance equipment will be used.

Silver Sneakers® MSROM-Muscular Strength & Range of Movement- Have fun and move to the music through a variety of exercises designed to improve activity for daily living skills. Hand held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

SilverSneakers® CC- Cardio 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 ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Yoga Stretch®- Move your body through a complete series of seated and standing yoga poses. Chair support offered. Restorative breathing and final relaxation to promote stress reduction and mental clarity. *No mat floorwork.*

MIND/BODY

Pilates – Classic mat work enhanced by the use of bands, rings and fit balls to strengthen abdominals, back and hips into a lean and firm center support system.

Yoga – Enhance energy, strength, flexibility and posture with rhythmic breathing and gentle controlled poses-all adaptable for various fitness levels. *Previous experience recommended for Level II classes.*

Six (6) participant MINIMUM required for classes to remain on the schedule.

Youth under the age of 12 are not permitted in adult group exercise classes.