

# GROUP FITNESS CLASS DESCRIPTIONS

**HIIT:** The high intensity interval training class combines athletic aerobic movements with strength and stabilization exercises to challenge your anaerobic threshold. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit, stay fit and get fitter!

**BOOTCAMP:** High energy workouts that will train you head to toe. It's packed in an hour long class. Cardio, strength drills, overall body sculpting, abs and more. Strengthen your entire body to reach a new level of fitness!

**BUTTS & GUTS:** This hour long class is sure to tighten your tush and tone your Abs. Targeting the butt, hips, thighs, and Abs. This class will give you curves in all the right places.

**CORE CONDITIONING:** This 30 minute core class really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

**KICKBOXING:** Experience a powerful aerobic workout and develop correct techniques through movements including, strikes, punches, kicks and footwork. An hour of calorie blasting fun.

**KICKBOXING I.T.:** This high powered KB workout incorporates intervals of weight and strength training. Maximize your hour with high powered kicks footwork and strength.

**TABATA BOOTCAMP:** Tabata Bootcamp workouts are short in duration and designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over. Tabata Bootcamp™ offers the newest and most unique approach to hit the fitness world with incredible results!

**ZUMBA:** Zumba combines high energy and motivating music with unique moves and combinations including salsa, cumbia, reggaeton, and more. Zumba creates a party-like atmosphere that provides a non-intimidating opportunity for non-dancers, new exercisers, or those who have previously hesitated to participate in group classes.

**WERQ:** The fiercely fun dance fitness class based on pop, rock, and hip hop music taught by Certified Fitness Professionals.

**MAXX FITT:** Take your workouts to the max through phases of stability, strength, and power in this high energy class. With intervals of strength and conditioning exercises to accomplish a total body workout.

**BODY ON THE BALL:** This dynamic integrated stability class works the entire body using weighted medicine balls, stability balls, bands and more. Come see for yourself. Fitness meets fun in Body on the Ball.

**R.I.P.P.E.D:** Resistance, Interval, Power, Plyometrics and Endurance as the workout portion along with diet suggestions to help you attain and maintain your physique. One stop body shock.

**HI-LOW:** Hi-low, or high-low, aerobics classes combine traditional, low-impact aerobics movements with higher impact strength-training movements to create a comprehensive fitness routine that supports heart health and weight loss.

**POWERFLEX:** This original barbell class will sculpt tone and strengthen your entire body, fast! Moving through the entire body using time under tension with hand weights and barbells. Great bodies aren't born, they are transformed.

**BOMBAY JAM:** Bollywood dance fitness class that is explosively fun and a total body workout on globally appealing Bollywood music. The hour long class is safe, effective and easy to follow and for all fitness levels. This program is accredited by AFAA (Aerobic & Fitness Association of America) with a serious focus on integrating fun with fitness!

**POWERFLEX GOLD:** Just beginning to make that lifestyle change? Then powerflex gold is perfect for you. Move through a total body workout at a slow moving ENTRY level pace with added stretching in between.

**PILATES:** Pilates seeks to develop controlled movement with mat exercises and isometric contractions as resistance. Using a range of apparatus's to guide and train the body.

**SPINNING:** An intense cardio workout on stationary bikes. Spin into high gear with an indoor ride that tones the whole body and strengthens cardiovascular endurance. 1 hour

**CYCLE MY RIDE:** A virtual cycling class that takes you through rolling hills, country roads, and snow covered mountains coordinated with music and viewed on a large screen. Travel around the globe in 55 minutes without leaving the saddle.

**ATHLETIC YOGA:** An athletic style yoga class that flows through a sequence of postures. You can expect a great cardiovascular and strength building workout.

**YOGA FLOW:** A much slower class. Breathing is deep and slow but poses are strong. This class is perfect for beginners.

**VINYASA YOGA:** Breath deep, find your pranayama technique to generate heat and a deep sense of calm while flowing through synchronized movement.

**BETTER BACKS YOGA:** Release tight muscles in your back and alleviate back pain with these yoga poses and sequences.

**YIN YOGA:** A slow-paced style of yoga with postures, or asana, that are held for longer periods of time—for beginners, it may range from 45 sec. to two min.; more advanced practitioners may stay in one asana for five min. or more.

**AQUA:** "Water Aerobics" at its best, with our finest. The body is almost weightless in the water which makes it ideal for increasing strength through choreographed moves. Gentle on the joints hard on the calorie burn.

**AQUA POLE:** An ideal workout program utilizing a stable pole in the pool similar to poles used in dance studios. Intensive, toning, for every kind of user. All fitness levels welcome.