

# ***Group Fitness Class Descriptions***

## **Body Blast**

This class combines a simple plan of moderate to difficult workloads including: calisthenics, plyometrics, skills & drills and more.

## **Buns & Bellies**

45 minutes of abs and glutes! Just in time to get ready for Summer!

## **Cardio KickBox**

Take your workout to another level with this 60-minute high-energy cardio class! It includes a combination of kicks, boxing & plyometrics. Be prepared to sweat!

## **Cardio Pilates**

Kick your Pilates workout up a notch with this fast paced class! Previous Pilates experience is recommended.

## **Cardio Strength**

This class blends high and low cardio segments with strength training. A combination of Body Blast and Muscle Madness. The strength portion will typically focus on no more than 3 muscle groups in each class. Partner exercises included.

## **Cycle**

This stationary cycle workout is designed to simulate outdoor biking while improving aerobic & muscular endurance.

## **Flex & Stretch**

This class is great for individuals at any fitness level. Come reap the benefits of great stretching and improve your daily living.

## **Muscle Madness**

This workout is an excellent overall muscle conditioning class! It utilizes various conditioning tools such as; tubing, dumbbells, resist-a-balls, weighted bars, and more. Come enjoy sixty full minutes of pure strength training!

## **Pilates / Power Pilates**

Develop core strength, flexibility and awareness as you strengthen mind, body, and spirit!

## **PowerBox**

This 75-minute class will test your strength as well as your martial art skills. A combo of Boxing and Muscle Madness!

## **Power Yoga**

Power Yoga is a rigorous and dynamic form of Yoga designed to improve the health, performance, and mental acuity of individuals interested in improving their fitness levels. Using breathing techniques and principles of core stabilization, this practice blends balance, strength, flexibility and mental focus in a fitness format. Previous Yoga experience is recommended.

## **SilverSneakers MSROM / YogaStretch / Cardio Circuit**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. A chair is used for seated and/or standing support, if needed.

## **Step & Tone**

45 minutes of Step aerobics followed by 15 minutes of toning exercises. The perfect Cardio workout!

## **Tae Bo / Abs**

Punch and kick your way to increased cardiovascular fitness, strength, and endurance! Ab work included.

## **30x30**

Classes include two exercise components – an excellent choice if you're looking for lots of variety!

## **Yoga / Yoga I / Yoga II**

Enjoy the mind & body experience of this age-old art. Calm your spirit & relax while improving strength, flexibility, balance & overall coordination. Class intensity, flow & style may vary.

Yoga I is recommended for individuals beginning an exercise regimen and those with no previous Yoga experience.

Yoga II is an energetic level of vinyassa flow yoga for those interested in deepening their practice and learning more challenging poses.

## **ZUMBA®**

ZUMBA is a fusion of Latin and International music and dance themes that create a dynamic, yet exciting fitness program.

The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

This class is great for individuals at any fitness level.

## **ZUMBA® & Tone**

A combination of cardio featuring ZUMBA®, followed by strength training!