

Group Fitness Class Descriptions

Fall, 2009

20/20 - This class incorporates 20 minutes of intense cardio with 20 minutes of resistance training to sculpt and define those muscles. Appropriate for all fitness levels.

Ab Solution – 45 minutes of hard-hitting abdominal work. Get on the fast track to a six-pack!

Barbell Pump - This terrific class provides a whole body workout, accommodating any strength or fitness level. Each participant has their own adjustable barbell set and selects the appropriate resistance.

Blitz Series - Looking to shape up fast? Our Blitz classes will hit your muscles from every direction! A variety of equipment is used to shape your Upper Body Strength or Lower Body Strength! Cardio Blitz gets your heart rate pumping (equipment may or may not be used for Cardio Blitz).

Boot Camp - Join us for an intense work out that includes cardio, calisthenics, weights, abs, and much, much more!

Cardio Crunch - 45 minutes of high energy! This class mixes it up each week with any of the following: step, hi/lo aerobics, gliding discs, jump rope drills and core strengthening. This class is great for the intermediate to advanced exerciser.

Circuits - A high energy circuit class combining cardio, weights, balls, steps, body bars and more! Instructor demonstrates high and low modifications for each exercise. All fitness levels welcome!

Classic Combo - Get a total fitness workout combining aerobics, step and strength training. For all fitness levels!

Cycle & Strength (Beginner) – Ideal for the beginning cyclists. Resistance bands will be incorporated with cycling to give you both a cardio and strength workout.

Cycling - Experience all terrain challenges including hills, flat roads, switch backs, jumps speed and sprints. Great for all fitness levels.

Guts & Butts – Hit your body where you need it most! Tone and slim your midsection, hips, and legs in this targeted strength class. Guaranteed to have you coming back for more!!

High Endurance Cycling - The ultimate in cardiovascular training. This class will focus strictly on endurance.

Extreme Kickboxing - Kickboxing drills and circuits are performed in this dynamic class that also partners you up for sparring. Ideal for intermediate to advanced exercisers.

IrresistiBall – Using the large stability ball, you will work your core and more! Incorporate bands, tubing, and weights for an irresistible full body workout!

Mat Science - Mat Science exercises are derived from classic disciplines such as yoga, dance and sports rehab conditioning. The focus of Mat Science is on mindful movement, core stabilization technique and unified body movements.

Pilates - A total body mat workout with emphasis on the core muscles (abdominals and low back). Increase your core strength and body awareness, and improve your posture! All fitness levels welcome.

Shotokan Karate- Traditional Japanese Karate with foci on balance, coordination, endurance and strength.

SilverSneakers® - Muscular Strength – 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. 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.

Step Classes - We offer a level just right for you. Choose from beginner or intermediate levels.

Stretch & Strength Synthesis - A fusion of mind-body principles and classic sculpting exercises, this class provides a dynamic way to “stretch and strengthen” through flowing movement. Leave this workout feeling energized, refreshed and toned! Various resistance equipment will be used.

Tone & Trim/Express Tone & Trim - This 45 minute class concentrates on full body toning through the use of resistance exercises. A variety of equipment such as weights, body bars, bands and balls will be used with high rep/low weight sets for a fun and dynamic class. Great for all levels of exercisers.

Yoga - This class begins with self awareness centering by means of breath work and/or visualization to begin the relaxation process. The class progresses with gentle stretching to warm up the muscles before moving on to more challenging positions.

Zumba® - The newest, freshest addition to the world of cardio! Zumba incorporates Latin and International dance styles to get your heart racing! So much fun, you'll forget you're exercising!