

## CLASS DESCRIPTIONS

**ABC (Absolute Body Conditioning)**- Participants will all begin on a SPIN bike for a 10-12 min. warm up and short ride. Then challenge your workout by moving through high intensity, powerful stations of work which include TRX Suspension Straps, Kettles, Medicine Balls, Risers, free weights, rowers and more time on the spin bike. Guaranteed to keep your heartbeat pumping while burning major calories all while you are engaged in intense body conditioning

**BODY WORKS:** A class mixed with quick intense bursts of exercise followed by active recovery periods. This type of training gets your heart rate up while improving on muscle tone and fat loss. As total body exercise focusing on strength, balance and posture.

**BODY PUMP®**- Group barbell class that challenges every major muscle in your body. High repetition boosts your endurance and speeds up your metabolism for rapid fat burning, enhancing confidence and well being.

**BOOT CAMP**- Develop speed, endurance, agility, and coordination with a series of drills and exercises. Instructor may include the indoor running track, outdoor spaces, balls, benches, etc...

**CHISEL**- Full top and bottom work out for those who want to improve their strength as well as flexibility. Use of bars, stability balls, weights, resistance bands, etc.. A great class for those just starting their fitness regime.

**Gentle Yoga:** Gentle Yoga is a calming, stress-relieving yoga class that stretches and strengthens the body gradually. Emphasis is on building awareness of the breath and the body. Asanas (poses) are practiced at a slower pace with attention to alignment and detail. Gentle yoga is recommended for all levels looking for a soothing, relaxing, and restorative experience!

**HIIT- High Intensity Interval Training** - is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time!

**KICKBOXING**- Burn body fat and lose inches through punching and kicking techniques. A great class for those looking to enhance their power, strength, and coordination.

**MEDITATIVE WEIGHT TRAINING**- Sculpt lean muscle with medium to heavy weights while incorporating mindfulness techniques and the many benefits of meditation. This class format is the one that you will find nowhere else!

**PILATES** - Make the mind, body, and spirit connection! Create balance, symmetry, strength, and flexibility throughout every muscle. Bands and free weights add to this amazing class.

**PILATES STRENGTH** – Pilates that focuses on inner core while sculpting long, lean muscles.

**POWER PILATES** – Pilates that includes resistance training.

**POWER YOGA**- Focuses on breathing techniques while moving through a series of postures. Postures may be different from class to class but always follows an intelligent progression that moves from basic to complex with emphasis on strength and flexibility

**Silver Sneakers® CLASSIC**- A variety of exercises designed to increase muscular 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 available if needed for seated or standing support.

**SPIN**- Experience the ultimate indoor cycling journey for cardio conditioning. Work at your own level while being motivated by your instructor. Typical spin class is 45 min. to 60 min.

**SPIN N'SCULPT**- A great combo class for those who want to double the benefits of their spin training. This class incorporates the use of free weights in conjunction with cardio intervals.

**TABATA**- A high-intensity training regimen which includes intense cycles of interval training for 20 seconds followed by 10 seconds of rest, repeated, without pause 8 times for a total of four minutes.

**Tone with Toni**- A 30min resistance band class which focuses on reinforcing balance, stability, flexibility and toning of the core, glutes and legs.

**Video Ride** -This class is a unique spin format where riders spin while watching music videos playing on a large screen behind the instructor.

**Video Ride N' Row**-This class is a unique spin format where riders spin and use the rowers while watching music videos playing on a large screen behind the instructor.

**VINYASA YOGA**- A series of poses linked together by the power of breath. This class will challenge you and leave you feeling revitalized

**X-TRAINING**- The concept is simple- three 20 minute segments put together to give you the best of both worlds- cardio and strength training. Cardio segments may include step, spin, floor aerobics and jump ropes.

**ZUMBA®** – A fitness program inspired by Latin music and dance moves such as the Cha-Cha, Salsa, Mambo, Calypso, Belly Dance, and Rock & Roll thrown in for good measure. Come join the party!

**ZUMBA® GOLD**- Was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a much lower intensity.

**ZUMBA® TONING**- Use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs.

**4x4**- Don't let the numbers fool you! This is a class for everyone! Give us 45 minutes and we give you the after burn.

1 minute of upper body, 1 minute of lower body, 1 minute of cardio, 1 minute of core with a 30 second rest before the next cycle for 40 minutes! End with a cool down and stretch!

\*\*\*New to group fitness classes or returning after some time off? Don't worry! ALL CLASSES will show modifications so that all participants can be successful! Please be sure to let your instructor know if you are taking your first group fitness class or if it is your time first time with a class format!