

# Group Exercise Class Descriptions 2011

**Aqua Work-Deep H2O:** Being able to swimming is a prerequisite for this class. This water class is done in the deeper part of the pool and emphasizes increasing cardiovascular endurance in addition to muscular strength.

**Band Blast:** This high intensity interval class combines aerobic exercises with resistance bands to increase strength and cardiovascular endurance.

**Body Blast:** An invigorating muscle building class that combines multiple types of strength exercises using resistance bands, stability balls, steps, and weights. \*All fitness levels.

**Boot Camp:** A circuit class that combines intervals of specific exercises with cardiovascular training for a full body workout. Not recommended for a novice exerciser.

**Cardio Kickboxing:** high- energy, entire body, cardio workout using boxing and kickboxing techniques.

**Core and More:** Stretch and strengthen the right muscle groups for better postural alignment, balance and coordination using weights, stability balls and yoga techniques. This will condition the body in the best, most efficient ways.

**Dancersize:** This class combines the five Latin dances of the Merengue, Bachata, Cha Cha, Salsa, and Rumba. This is a low impact class which emphasizes on core and posture.

**HIIT 60:** High Intensity Interval Training, Intervals of high energy plyometrics, anaerobic cardio drills, core work, and muscle strengthening exercises. Exercises change regularly to provide muscle confusion for maximum results, as well as enhancing athletic performance.

**Home School Fitness:** Classes will incorporate all ages and stages of development along with eye/hand coordination, agility, skill building, team work, and sport related skills. These classes will rotate on a six week cycle to expose children to many different aspects of physical fitness.

**Intermediate Step:** This Step class is for those at an intermediate or advanced level.

**Judo:** Class teaches throwing techniques, grappling, hold downs, arm locking techniques, and how to fall properly. This is a challenging martial art and method of exercise which promotes strength, aerobic conditioning, flexibility, agility, and balance.

**MMA (Mixed Martial Arts):** This Class incorporates a variety of martial arts including Judo, Sambo, Jui Jitsu, and And Muay Thai. This class is very challenging, but taught in a safe manner and is extremely fun.

**Monday Mix-Up:** This class is on a rotational schedule. It will rotate Interval Step, Kickboxing, and Boot camp every week. This class is for intermediate to advanced participants.

**Muscle Mania:** This advanced class takes muscle sculpting to a new level. Get ready for a combination of exercises that focus on maximizing strength through a full body workout. This class is designed for intermediate to advanced fitness levels.

**On The Ball Plus More:** A combination class that works with stability balls, medicine balls, resistance bands and weights. Every class is a little different.

**Pilates:** A traditional approach to Pilates in which the exercises performed follow the Pilates method which focuses on "The Powerhouse" musculature which consists of the abdominal, back and hip muscles.

**Pilates, Ball, and more:** Our Traditional Pilates class incorporating the stability ball, bands, and more.

**\$Pilates Reformer:** Small group setting on specialized machines focusing on your entire body. This class will bring you to a new level of Pilate's fitness.

**Poolates:** All the results of traditional Pilates with the benefits of water for less stress on joints and bones.

**Post Spin Sculpt:** Class follows our Spin Class to strengthen and sculpt muscles using weights, bands and body resistance.

**Power Aqua:** Water exercises using the power of the water to increase strength, tone, and endurance. Class includes an aerobic segment, resistance, stretch & relaxation. This class is for intermediate to advanced fitness levels.

**\$Senior Pilates Reformer:** This half hour class focuses on increasing strength and flexibility while focusing on the core. It will help improve posture and balance and is great for seniors struggling with arthritis, bursitis, and sciatica.

**Senior Yoga:** A gentle, yet energizing class consisting of yoga exercises and breathing techniques designed for seniors. Class consists of a variety of methods to increase strength, range of motion, and flexibility.

**Sculpt & Tone:** A non-impact workout designed to strengthen and sculpt muscles using weights, tubes and body resistance. This is a great class for all ability levels.

**Step:** A cardio workout of choreographed combinations using the Step. A cool down and stretch complete this class.

**Strength and Conditioning for Seniors:** Exercises will focus on building total body strength with emphasis on improving balance, stability, and flexibility by using weights, balls, and bands.

**Seriorcise:** This class is the perfect blend of movement and strength training. Some exercises are performed standing, some while sitting in a chair. This class is designed for the active older adult who is interested in increasing their heart rate while building strength and flexibility.

**Spin:** Participants are guided through phases of warm up, steady up tempo cadences, sprints, climbs, and cool downs. Resistance is controlled on the bike to adjust to different levels.

**\$Taekwondo:** Taekwondo is a great martial arts activity for ages 6 and up that emphasizes kicks, spinning kicks, and punches using a combination of speed and balance. Taekwondo helps to improve balance, flexibility, coordination, and discipline. Students may train for self-defense, physical conditioning, and/or competition.

**Tai Chi:** A form of martial arts that relieves pain, stress and stiffness, improves flexibility, balance, and posture, Helps build Muscular strength without straining your joints.

**Water Fitness:** A fun water workout enhancing flexibility and strength while using all major muscles groups.

**Yoga:** Traditional postures that increase flexibility and strength, promoting a strong mind, body and spirit. All levels of fitness are welcome.

**Yoga/Pilates:** This class combines Yoga and Pilates into one for a great core workout that also emphasizes flexibility. This is great for participants of all fitness levels.

**Zumba:** This class is a mixture of cardio and total body toning with easy to follow dance steps and sculpting movements to Latin and International music. For all fitness levels.

