

# Group Exercise Class Descriptions

## Cardio/Aerobic Classes

**Barefoot Boot Camp:** A fusion of mind body and cardio work, the training is equipment free and barefoot. The class will develop knee, ankle and hip stability through functional movements. Must be experienced to be understood!

**BODYCOMBAT™:** boost cardio fitness and benefit from total body conditioning in this martial arts-based workout.

**BODYSTEP™:** An energizing, step-based cardio workout that uses a height adjustable step and features cardio work to accelerate fat burning and muscle definition work to shape and tone the body!

**BODYVIVE™:** A low-impact workout, suitable for all levels of fitness, that will improve cardio fitness, strength, and flexibility.

**Boot Camp:** Combines Cardio, core strength, and muscle endurance utilizing ladders, medicine balls, weights tubing, and other stability equipment

**Boxing:** Jab, cross, hook, and upper cut your way to a lean sculpted body using heavy bags, boxing gloves, and boxing drills.

**Burn & Firm:** Move It, Firm It, Own It! A combination of cardio and muscle definition work using some equipment. Take it high or low!

**Cardio Ball Blast:** Use our large exercise balls to incorporate heart pumping cardio work with muscle training and toning.

**Cardio Kick:** A heart pumping, fun workout that combines aspects of boxing and kickboxing.

**Ramping:** Send your body to "booty" camp! Easy to learn, low impact cardio and butt blaster workout targeting the hips, glutes, and hamstrings.

**R.I.P.P.E.D.:** Resistance, Intervals, Power, Plyometrics Endurance (and Diet). Burn up to 1,000 calories in 50 min. with this plateau proof, total body workout!

**Step & Abs:** A high energy cardio class combining step work with core strength, muscular endurance, dynamic balance and flexibility.

**Steppin' Style:** A funky freestyle step class. Step experience preferred.

## Cardio/Dance Classes

**Line Dance:** Line up for a good time and learn some new dances too. So fun you won't even know you're burning calories!

**SH'BAM™:** This dance inspired workout is the ultimate in fun fitness!

**West Coast Swing:** A creative and versatile style of dance.

All levels of dance are invited - bring a partner or move on your own!

**Zumba:** A fusion of Latin and international music providing an interval training session this is a mixture of body sculpting movements with easy to follow dance steps.

**Zumba Gold:** Low impact Zumba! Great for people new to dance or dancers with limitations who are looking for a low impact, fun workout.

*Zumba Gold can be done in a chair too!*

## Resistance, Toning, and Strength Training Classes

**Balletone:** Use dance conditioning methods to develop and improve core strength, muscular endurance, dynamic balance and flexibility. Class is done barefoot. No history of dance is needed.

**Bare Foot Body Work:** Integrate Pilates principles with overall balance and core strength training. Leave class feeling longer, leaner and stonger!

**BODYPUMP™:** The original barbell class that strengthens your entire body! Great music will inspire you to get the results you came for!

**Boot Camp:** Combines cardio, core strength, and muscle endurance utilizing ladders, medicine balls, weights tubing, and other stability equipment

**Cardio Kick:** Sculpt your entire body in this 60 minute workout. Extremely effective and fun!

**Chizzle It:** Work with hand weights, Body Bars, balls and more while doing super sets to blast the fat and define muscle! All levels.

**CXWORX:** This 30 minute strength workout combines safe and effective training with an intensity that will make you strong to the core!

**Muscle Definition:** Promote definition and tone using various resistance equipment to build strength and endurance. All levels.

**Ramp Strong:** A toning class which uses the ramp in different ways along with additional equipment to strengthen and tone.

## Aqua Classes

**Aqua Arthritis:** designed by the Arthritis Foundation, these gentle exercises are taught by trained instructors who will help increase flexibility, mobility and reduce stress on your joints.

**Aqua Kick:** An energy filled Kickboxing class in the cool water pool.

**Aqua Sculpt/Tone:** Use noodles, weights, gloves, boards and your own resistance to burn fat and define muscles.

Ideal for the recovering athlete & members of all levels.

**Cardio & Core:** Rev up your heart and tighten your core with fast paced cardio moves fused with core-focused exercises!

**Cardio Cross/Mix:** Cardio intervals in the cool water pool.

**Cool Cardio Conditioning:** Mid - high intensity cardio and toning workout in the deep water.

**Cardio Tone:** Mid-high intensity cardio & toning workout using shallow and using shallow and deep water in the lap pool.

**Gentle Tone:** This class offers basic movements, small range of motion exercises and water walking.

**Poolates:** Enjoy the benefits of Pilates in the soothing warm water.

## Mind/Body Classes

**Bare Foot Body Work:** Integrate Pilates principles with overall balance and core strength training. Leave class feeling longer, leaner and stonger!

**BODYFLOW®:** A combination of yoga, Tai Chi, and Pilates designed for those looking to improve general fitness, relax and reduce stress, increase mental clarity, and obtain a sense of well-being.

**Gentle/Chair Yoga:** Done mostly in a chair, fitting for all yogis and those uncomfortable getting down on a mat.

**Gentle Yoga:** A simple Hatha style class

**Feldenkrais:** Comfortable, easy movement that improves posture, breathing, flexibility, coordination as well as improving chronic muscle pain and movement restrictions. For all levels of movement ability and aptitude.

**Express Stretch:** A 30 minute stretch class that is a great compliment to any workout.

**Hatha Yoga:** The most traditional and familiar form of yoga.

Poses are practiced and modifications are given for all levels.

**Integral Yoga:** Dynamic postures which help balance coordination and strength. Involves some relaxation and chanting.

**Power Yoga:** Experience the dynamic breathing and strong challenging pace building on traditional yoga postures. Very athletic. Yoga experience preferred.

**Integral Yoga:** Dynamic postures which help balance, coordination and strength. Involves some relaxation and chanting.

**Soul Sweat:** A unique Yoga class that integrates stretching with flow and balance postures. Full body and mind work, set to an inspiring playlist!

**Sunrise Yoga:** A Hatha style class to invigorate your Sunday.

**Meditation:** Focus your mind and energy with this guided class.

**Tai Chi:** Discover complete harmony of the mind and body while performing graceful, fluid and well balanced martial arts movements.

**Vinyasa Yoga:** A flowing yoga practice that synchronizes movement and breath.

**Yin Yoga:** Experience new depths in postures and deeper reaches of motion

while focusing on connective tissues and joints. All levels encourage to try this class as a great addition to any exercise routine.

## Pilates

**Classical Pilates:** Activate your powerhouse in this traditional Pilates class with precise movements that will strengthen and shape your whole body.

**Gentle Pilates:** Pilates exercises at a slower pace with more modifications. Come away feeling stronger and longer.

**Intermediate Pilates:** Enhance your current pilates practice by taking it to the next level. Some previous pilates experience preferred.

**Pilates:** Strengthen your entire body while focusing on

core strength and stabilization. Improve your posture while creating long lean muscles.

## Cycle Classes

**Cycle:** Join Johnny G certified trainers for a simulated bike ride using high-energy music, visualization and motivational strategies to meet your training goals while monitoring heart rates through three energy zones. All levels welcome. New riders should arrive 10 minutes early for set up.

**Cycle & Core:** Finish off your ride with 10 minutes of core strength training. Watch your power increase as your core becomes stronger!

## Special Population (Seniors/Arthritis) LAND & Water

**Arthritis Exercise:** designed by the Arthritis Foundation, these gentle exercises are taught by trained instructors who will help you increase flexibility, mobility, and reduce stress on joints.

**Feldenkrais:** Comfortable, easy movement that improves posture, breathing, flexibility, coordination as well as improving chronic muscle pain and movement restrictions. For all levels of movement ability and aptitude.

**Gentle Tai Chi:** Experience the harmony and balance that Tai Chi offers from a chair.

**Gentle Tone:** This entry level class offers basic movements, gentle range of motion exercises, and water walking.

**Zumba Gold:** Low impact Zumba! Great for people new to dance or dancers with limitations who are looking for a low impact, fun workout.

*Zumba Gold can be done in a chair too!*

**Les Mills Classes :** BODYPUMP™, BODYCOMBAT™, BODYFLOW®, BODYSTEP™, BODYVIVE™, SH'BAM™, CXWORX™

## Group Exercise Etiquette

\* **New to a class?** Introduce yourself to the instructor!

\* **Injury prevention!** Be on time for classes (do not enter a studio more than 5 minutes late) and cool down/ stretch before leaving class.

\* **Respect other members!** Limit conversation and chit chat during classes.

\* **Make class time YOURS!** Cell phones and pagers should be turned OFF.

**Club Hours :** Monday - Friday, 5am - 11pm/ Saturday & Sunday, 7am - 7pm

**Childcare Hours:** Monday - Friday, 8:30am - 2pm/ 2:30pm - 8:30pm

Saturday, 7:30am - 3:00pm / Sunday 8:30am - 3:00pm



**Questions? Contact Christina at [christinab@fitnessandwellness.org](mailto:christinab@fitnessandwellness.org)**