

GROUP FITNESS CLASS DESCRIPTIONS

CARDIO/ENDURANCE

- Tread n' Shred**—An intense workout doing hills, circuits or intervals to turn your body into a fat burning powerhouse.
- Cardio-Mix** – A dynamic program full of calorie burning hi/lo floor aerobics followed by a variety of body toning routines.
- Cycle/Cycle 60**— Multi-level, non-impact cardio workout performed to motivating music on a stationary bike. *45 minute classes recommended for those new to indoor cycling.* Cycle 60 classes are 60 minutes. Please bring towel & water bottle.
- Nia**— This class combines selected movements and concepts from Yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz, Modern Dance and other movement forms.
- Step** - Low impact cardiovascular workout that can be either low intensity or high intensity.
- ZUMBA™**—A fun, motivating combination of Latin inspired international music and dance guaranteed to make you sweat!
- Youth Fit Dance**— the youth version of latin dance class specifically geared towards getting youth active and fit!
- ZUMBA Gold**— A lower intensity version of ZUMBA perfect for the active older adult or those just beginning to exercise.
- ZUMBA Toning**— An innovative training program combining Latin inspired dance steps with light weight toning sticks.

RESISTANCE TRAINING

- 4X4**— Intense workout gets progressively harder through 1-minute sets of cardio, upper body and lower body strength and core work. This class combines cardio and strength to challenge the total body.
- Tabata**— This proven training technique alternates 20-seconds of work with 10-seconds of rest for a 4 minute period to get results quickly. This class combines cardio and strength.
- All About Legs**— 30-minute class that zeroes in on the lower body, toning and tightening the glutes, hips and thighs.
- Ultimate Upper Body**— 30-minute class that builds muscle and firms the upper body using resistance training methods.
- Core Interval**— A complete workout using a combination of BOSU and core pole alternating with cardio intervals to maximize calorie burn.
- Body Pump**— 60-minute workout challenging major muscle groups using the best weight-room exercises like squats, presses, lifts and curls.
- Core n' More**— A blend of yoga, pilates and functional strength moves focused on improving core and lower body strength.
- Ab Attack** — Short, yet intense class focusing on strengthening the muscles in the “middle” of the body. Great for all levels.
- BOSU Sculpt**— This complete workout using BOSU and other equipment focuses on core stability and overall strengthening.
- Stability Ball**— Use the stability ball for a variety of strengthening exercises to improve stability, strength and coordination.

SENIOR FRIENDLY

- Functional Fitness** — A class designed for the active mature adult, post-rehab, and/or individuals wishing to improve their strength, flexibility, coordination and balance in everyday activities. A variety of resistance equipment will be used.
- Silver Sneakers® MSROM—Muscular Strength & Range of Movement**— A variety of exercises designed to improve activity for daily living skills using hand held weights, resistance bands and a ball either standing or sitting.
- SilverSneakers® CC- Cardio Circuit**— Resistance training using a variety of equipment is alternated with cardio intervals. A chair is offered for support, stretching and relaxation exercises.
- Yoga Stretch®**— Move your body through a complete series of seated and standing yoga poses. Chair support offered.

MIND/BODY

- Mat Pilates** — Classic mat work enhanced by the use of bands, rings and fit balls to strengthen abdominals, back and hips into a lean and firm center support system.
- Tai Chi**—A low impact exercise that can be used to reduce stress, improve coordination and improve balance.
- Yoga** — Enhance strength and flexibility with rhythmic breathing and gentle controlled poses—all adaptable for various fitness levels. *Previous experience recommended for Form & Flow Yoga classes.*

Specialty Classes

- F.I.T. Conditioning \$**— Build confidence, endurance and strength through interval training, bodyweight exercises, plyometrics and military style drills. Led by certified personal trainer.
- Kettlebell Kombos \$**— Use the kettlebell to increase power endurance and total body muscular strength while boosting heart rate. Led by certified personal trainer.
- Y Weights \$**— Learn to properly execute a variety of exercises that target all of the major muscle groups. Led by a certified personal trainer.
- MITLI Gamma \$**— Focus on cardio and strength combinations while learning lifestyle change principles and practices. Led by a certified personal trainer.
- TRX MAX \$**— Use the TRX Suspension System for a series of challenging exercises to improve overall functional muscular strength and endurance. Led by a certified personal trainer.