

# CLASS DESCRIPTIONS

**AM JUMP START:** Looking for a jumpstart to your day? Try this triple-threat class: 20 minutes of stretching, 20 minutes of strength, 20 minutes of cardio to get your day started right!

**Cardio/Interval:** Research shows that interval training is a great way to get more “bang for your buck.” Your heart rate will be up and down constantly in this hour. Be ready for anything goes!

**Pilates** A variable, high intensity & Fun mix of Pilates, ballet inspired exercise, yoga, and athletic conditioning in a great workout that will help build strength, flexibility, balance and sculpt you in all the right places.

**Cycling:** Group cycling is geared to all—from the novice to the experienced cyclist. Certified instructors are educated and ready to inspire you. Come experience the excitement and you’ll find out why our participants keep coming back!!

**Functional Fitness:** This class will help you achieve your fitness goals using activities you use every-day...walking, running, lifting, etc.. You will get fit as well as be stronger in every aspect of daily life. Located on our indoor track the instructor will guide you through a workout you can do at your own pace for the results you want.

**Healthy Movement:** This class is designed to help you do what you love better whether you are a high school athlete, age group competitor or just someone who wants to age well. We will use self assessment, myofascial release and corrective exercises to help with stability and mobility.

**Keep Moving:** Finally, a gentle approach to fitness for those who may be overweight, arthritic, prenatal, postnatal or enjoying the golden years. Respect your body. Exercise for a healthy lifestyle by using appropriate low-impact aerobics, muscle conditioning, balance and coordination techniques and stretching.

**Insanity:** This cardio class is based on max interval training! Athletic/plyometric drills mixed with strength, power, resistance, and core training! No equipment or weights needed. All fitness levels welcome! **30 min**

**Metabolic Conditioning:** Come prepared to challenge yourself with this fast-paced, FUN, calorie-blasting workout, using an interval style approach that can include weights, cardio drills, games, core-building, speed and agility drills, balance, and more.

**Multi-Step:** This is an intermediate level class that will challenge even the most fit, by designing routines using two or more steps. We adhere to the Reebok guidelines, making class safe and fun! Cardiovascular it is!!

**Power Pump:** This format combines the best of weight room lifting and group exercise. A popular conditioning and strengthening class for all ages, both male and female. With the use of weighted bars and hand weights, one stands to develop strength and muscle mass, endurance, balance and flexibility.

**Step/Interval:** Step it up! By varying intensity levels with intervals you’ll use the large muscles in the legs to burn fat and calories. Using hand weights for added resistance, you’ll also build and strengthen your upper body!

**Strength & Stretch:** Class focuses on core muscles with both strengthening exercises and those geared towards greater flexibility. Spri Balls, light weights, stretch bands, and other equipment will be used throughout the class. Great prerequisite class to power pump, core fusion, and interval training. **45 minutes**

**Yoga and You:** Yoga is for everyone! Come and learn about the yoga practice and how it can help you feel absolutely amazing. Yoga is not just about stretching but also incorporates all of the body systems to promote health and healing! Geared towards new students. Extra time will be spent on practicing basic poses, the lingo, and flexibility.

**Water Aerobics:** If you haven’t tried it you’ve been missing out! You’ll be surprised how many calories you burn as you use the water’s resistance to build muscle strength and cardio endurance! You can’t find a better exercise for your joints. Jump in and join us today.

**Water Aerobics—Seniors and Friends:** Although this class is geared toward more mature adults, everyone is invited to participate. This is a great workout for those who like a mid-day aerobic treat.

**Water Aerobics—Basics & Pilates:** Too intimidated to jump into water aerobics? Don’t be! Come learn the basics as well as increase your core strength and flexibility with Pilates in the water.

**Zumba!** Zumba brings the flair of Latin Dance to your workout. Dance along side your friends in this party atmosphere. Basic choreography is simple enough for first time students to catch on, but fun enough to keep you going! Zumba Gold (slower moves for seniors, pre/post natal, etc.) and Aqua Zumba (in the water for those with joint pain) also offered!