

Gene Fullmer Recreation Center

Group Fitness Class Descriptions

LAND FITNESS CLASSES

Cardio Bootcamp	A great balance of cardio & strength to maximize your workout. The instructor may use a combination of steps, weights, track, bikes, jump ropes, kickboxing, bosus, kettle bells, etc. to help you achieve a better level of fitness.
Functional Fitness	This class will help you achieve your fitness goals using activities you use everyday...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.
Heart Rate Barre	Heart Rate Barre is a fun fast paced class that uses a combination of postures inspired by Ballet, Dance and Pilates. Good for all fitness levels, the instructor uses exercises that focus on isometric strength training (holding body still while contracting a specific set of muscles) combined with high rep, small range-of-motion movements. Heart Rate Barre gets your heart rate up and gives a full body workout, with focus given to the core, glutes and thighs. Hand weights, yoga mats, stretchy bands and stability balls may be used and there are always modifications to accommodate new participants or expecting mothers or those with injuries.
HIGH Fitness®	HIGH Fitness® is a hardcore fun fitness class that incorporates interval training with music you love and intense easy-to-follow fitness choreography. It combines FUN (pop songs that everyone know) with INTENSITY (interval, plyometrics and cardio) with CONSISTENCY (each song has specific simple moves taught the same by all instructors). High Fitness® produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks. There's no better way to describe it than "Body Sculpting Fun".
HIIT	Join the newest trend in fitness that is guaranteed to get results. Class will consist of cardio/strength intervals using a variety of equipment. Instructor will coach you through each interval to help you maximize your effort and result.
Kickbox X-Fit	Add a little "punch" to your traditional kickboxing workout. This class combines an old favorite, kickboxing, with the current and popular trend of X-Fit. An amazing entire body workout combining cardio and strength. Ready for your next challenge to improve your health and fitness? Then this class is for you. Instructor will challenge and help you no matter your fitness level. All fitness levels welcome!
Mania	A unique class done with various levels of intensity within 7 minute sets. This class utilizes many types of equipment to help you achieve your fitness goals. Starting with cardio and finishing with weights and abs. If you are stuck on a plateau or just want to try something new, this is the class for you. You will love the variety. The time flies by and you will achieve a metabolic effect in this class resulting in increased calorie burning for the day.
Pilates	Excellent for strengthening the core and increasing flexibility.
PiYo	The perfect balance between pilates and yoga. Pilates will develop lean sculpted muscle with emphasis on the power house and core. Yoga is the perfect compliment to the toning done in pilates. PiYo will develop long lean muscles and a strong core, as well as focus on injury prevention.
Power Flex	Weight training that will sculpt long lean muscles. Participants will utilize barbells, hand weights, resistabands and bosus to achieve results.
Spin & Strength	The perfect combination of cardio and weights. A great class for beginners to advanced. Instructor will lead you through a cardio set done completely on a bike intervaled with a strength set using weights, bands, balls, bosus, or your own body. A great way to get your cardio and weights done in one fun hour.
Sports Cycling	Not interested in a full hour of cycling? Then this is for you! Class combines sports conditioning with intervals on the bike. A great cross-training class to help you build your cardiovascular endurance.
Super Circuit	Short segments of high intensity cardio intervals with strength which may include weights, spin bikes, bands, kickboxing and more. It may accommodate ALL fitness levels.
Work The Core	A 30 minute class that will specialize on your core muscles, the abs and lower back. Balls, bosus, bands and mat work will be used to help you develop the power house of the body: the core muscles and develop a mind/body connection.
X-Fit	Join the latest trend that will guarantee results. Instructor will guide you through cardio interval sets using the same techniques Olympic athletes use to be their best. Any one can do this class. Instructor will help with modifications as well as challenge experienced athletes. This class follows the metabolic HIIT training tools for maximum results.
Yoga	YOGA: Increase the mind/body connection through breathing, moving and stretching. REVIVE YOGA: Restore, refresh and rejuvenate your mind and body. This class is a perfectly balanced approach to yoga, incorporating different yoga techniques. Class will be instructed through various vinyasas to revive the body and mind.
Zumba®	Zumba®: Zumba® fuses hypnotic Latin rhythms & easy to follow moves to create a one of a kind fitness program that will blow you away. Zumba® Burst: All the fun of Zumba® combined with high intensity interval training condensed to a more intense class. Maximize your time and your effort. Strong by Zumba®: A high-intensity interval training workout where music and moves are truly in sync, pushing you further to achieve your most ambitious fitness goals.

WATER FITNESS CLASSES

Adult Swim Workout	Geared towards individuals wishing to improve stroke technique & endurance. Focus on development & efficiency of stroke, as well as improving overall fitness in & out of the water. Great for those beginning to delve in the world of triathlons or supplement their personal exercise program with something new.
Anchored Down	This class is a great way to work out without the jumping and splashing! This class has a great combination of effective, low impact aerobic exercises that focus on muscle strength, flexibility and posture.
Aqua Board	This class will use one of the newest pieces of equipment in the fitness industry: The Tsunami Fitness Boards! These boards are designed to be used on the water for a wide range of exercises. Balance with focus on core strength will be emphasized by a certified instructor who will teach the class using a variety of movements based on strength, plyometric movements and balance. Pilates and yoga will also be incorporated.
Calorie Burn	A full hour cardio training class. This class will combine both shallow & deep water training. Focus will be on your target heart rate zone so that you burn calories to increase your metabolic rate. A great class to burn body fat, increase muscle and build your cardiovascular endurance.
Cardio Bursts	Intervals of 30-60 seconds moderate exercise followed by 15-30 seconds of high intensity exercise.
Deep Power	Deep Power is a terrific non-impact workout done entirely in the deep-end. This class will use powerful moves to push you to the limit. Floatation belts are provided. Strengthen, define and firm your muscles.
The Works	The Works is an overall body conditioning class with both deep & shallow water routines - adding head to toe muscle toning. The Works is a great class for anyone wanting a full water workout!

**ALL OF OUR INSTRUCTORS ARE TRAINED AND CERTIFIED BY NATIONALLY ACCREDITED FITNESS ORGANIZATIONS.
EACH INSTRUCTOR IS HERE TO CHALLENGE YOU AND TO HELP YOU REACH YOUR FITNESS GOALS.
PLEASE LET THE INSTRUCTOR KNOW IF YOU ARE NEW AND THEY WILL HELP YOU SET UP AND GET READY TO GO.**