

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO DANCE CLASSES

**High intensity/multi-level impact classes incorporating traditional aerobic combinations with stylish movement and motivating music.**

**Move & Groove** A combination of different styles of dance and music. Students will learn five minute routines that may or may not be formatted strategically. Whether it is Belly Dancing or the Electric Slide, this fun class will not only get you to move and groove, but will give you a great workout as well.

**Dance Enhanced** A heart pumping class, incorporating all your favorite cardio moves with a dance flare. Join Megan for an intense hour of mambos, spins, cha-chas, lindys and much more. Although more advanced, this cardio dance class is loads of fun!

**Hi Fi Fun** Looking for a highly energetic, fun filled, easy to follow class? You will find it in Hi Fi Fun. This class is high energy and can be high or low impact. We encourage you to join us. The goal is to have fun and burn some calories while you're doing it!

## CORE CLASSES

**The Core stability class series stresses the importance of the body's center of power. The core is the foundation for all movement. Regular conditioning of the core muscles is vital for preventing injuries, correcting posture and ensuring more efficient functional movement patterns. The benefits of core training are to develop a functional fitness foundation, essential to both daily living and regular exercise.**

**Soft Core** This class was designed for, but not limited to, the regular aquatic participant. This class takes place out of the water and focuses solely on the principals of posture, balance and stability without the support of the water. Emphasis is on core principles, building a solid foundation, and learning the proper progressions and modifications.

**Core Fit** Elements of body alignment, strength and flexibility are combined to improve core stability and overall functional movement. Focusing on functional training techniques which are designed to enhance your every day life. This class is designed to be a multi-level class.

**Core & More** A more advanced and challenging core class that takes functional movement through several advanced levels of progression. Enhances this through the addition of aerobic/anaerobic mechanisms. Core & More focuses on all elements of flexibility, stability, strength and cardio respiratory fitness in a fun and highly educational format. This class is truly beneficial.

**Core Stretch** The integration of restorative flexibility and basic yoga poses improves functional strength, postural integrity, and structural alignment. This class is excellent for those new to stability exercise and Yoga.

## CROSS-TRAINING CLASSES

**Cross training is the way to give you a full body workout. In cross training, two or more types of exercise are performed in one workout. Cross-training offers great advantages: adds variety to your workouts to keep you interested and progressing; develops your entire body, rather than specific body parts or energy systems (aerobic vs. anaerobic); distributes the load of training among various body parts, thus reducing the risk of injury; maximizes your time. We have the most diverse and effective cross-training classes of any club in the area.**

**Interval Conditioning** A nonstop and powerful exercise mix! Using intervals of step, hi/low and sports drills integrated with challenging strength and balance exercises, this class gives you a great early morning workout.

**Muscle Hustle** A multi level muscle and strength training workout with weights, resistance bands, and body bars. This class also combines short bursts of aerobic and anaerobic training, in an interval format, with great music. Muscle Hustle also incorporates an abdominal workout that completes this fun class.

**Body Blast** As one of our most intense formats, this class will definitely take you to "the next level". This advanced class incorporates a challenging and unique mix of aerobic and anaerobic conditioning, highly developed resistance work and innovative stability training. No class is ever the same to ensure progressive results.

**Triple Fit** There's no better way to get a great workout! This class is high-energy and combines three successful fitness combinations: step for cardio, body sculpting for strength and a terrific abdominal section. Triple Fit offers variations each class to guarantee optimal results for a full body workout!

**Cardio Kick** Kickboxing is ideal for physically fit people who exercise aerobically at least three times a week. The class features a variety of punches and kicks, as well as "drills" to give you a complete workout. Don't be surprised if you find yourself jumping rope or doing push-ups. This class is not recommended for individuals with lower extremity issues.

**Muscle Up** A multi level muscle and strength training workout with weights, resistance bands, and body bars. This class also combines short bursts of aerobic and anaerobic training, in an interval format, with great music. Muscle Up also incorporates an abdominal workout that completes this fun class.

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**Power Hour** Start your morning with a charge! This intense, high level, enthusiastic cross training class is always different and will give you challenging intervals with cardiovascular machines, abdominal work, and strength training exercises. It is definitely worth getting out of bed for.

**Osteo Impact** A truly valuable class! Low impact exercise, strength training and stability/balance challenges, targeting an increase in bone density, are the focus of Osteo Impact. Takes place in the lower level Fitness Area.

**XXX - Xtreme Xercise Xperience!** Every training format, combination and equipment known to man is used in this fun, high intensity level class. You are guaranteed a terrific workout. You won't want to miss it!

**Jump & Jam** Fun! Fun! Fun! This class combines high and low impact aerobic exercise, body sculpting, and a stretch segment at the end. This class is much like the Hi Fi Fun class but this class throws in a little extra choreography from time to time.

**Bootcamp** SEE FITNESS FOR DETAILS

## SCULPTING/WEIGHT TRAINING CLASSES

**Total Tone** A full body, intense workout using free weights, exercise tubing, and body weight exercises. Emphasis is placed on form and posture for proper muscular development and injury prevention. An excellent class format.

**Shape Up** This class uses free weights, resistance bands and body bars to strengthen and tone the entire body. What makes this class more interesting is the variety of instructors teaching it. With the same goal in mind, each class varies with the individualistic teaching styles.

**Muscle Sculpt** The instructor's background as a certified Personal Trainer gives this sculpting class a definite edge. Knowledge of anatomy, muscular imbalances and exercise physiology is the foundation of this well designed and beneficial class.

**Muscle Madness** This circuit training workout provides a combination of aerobic/anaerobic fitness and strength training. The instructor addresses all levels of fitness in a station-to-station format focusing on form, posture and functional movement.

**Chisel** Spend an intense half hour training muscle groups in a systematic regimen of moderate intensity. Using dumbbells, exercise tubing, and body bars, this class will focus on the challenging areas and "chisel" your body.

## POWER 1/2 HOUR SERIES

**The Power 1/2 Hour Series was designed especially for those with limited time OR those who want a little extra tacked onto their workout. The series is diversified to accommodate all exercise preferences and rotates on a monthly basis.**

**Essential ABC's** Focus on Agility, Balance and Coordination.

**Pilates** Fundamentals/Beginner – 1/2 hour version of regular format.

**Yoga ABCs** Focuses on the fundamentals of posture and breath awareness.

**Awesome Abs** Non-stop dedication to the mid-section!

**Short Circuit** Circuit training with free weight, exercise tubing and body bars on the aerobic deck.

**Fit Circuit** Circuit training with machines, free weights, exercise tubing and body bars in the Fitness area.

**Chisle** Moderate intensity resistance training class.

**Body Blast** 1/2 hour version of regular format.

**Soft Stretch** Relaxing stretch class with meditation.

## CYCLE CLASSES

**Cycling is a great low impact, full body workout to include in your exercise regimen. It is virtually impact free, requires no specialized moves, and is not difficult to get into — just get on a bike! We have a variety of indoor cycling classes to suit any level.**

**Evolution** Class participants will learn the basics of indoor cycling: pedal technique, hand position, riding postures, heart rate training concepts and interval training techniques.

**Velocity** Multilevel indoor cycling format with structured cycling techniques including endurance, interval, strength and recovery training. A more challenging indoor cycling format.

**Formula One** A higher intensity version of velocity, you may even find yourself in a race! We guarantee a challenging format.

**Fusion** A high energy group exercise class that integrates music, camaraderies and various cycling training mechanisms for a complete workout.

## STEP CLASSES

**Step Reebok** Step patterns performed on a platform of varying heights – add endless propulsion options, arm choreography, directional changes and high energy music.

**Step It Up** A high intensity, low impact cardio class designed to develop cardiovascular and muscular endurance. The combinations are performed on an adjustable platform.