



## **GROUP FITNESS CLASS DESCRIPTIONS**

### **CARDIO CLASSES**

**Fat Burner**-You will use one to two pound hand weights (optional) while doing controlled floor aerobic movements combined with some interval training. This class is good for all fitness levels.

**Burn & Buff** – Various forms of anaerobic cardio moves (shorts bursts of energy) followed by the use of weights, bands, or body weight to perform exercises for the major muscle groups and strengthen the core. This will be followed by 5-10 minutes of abdominal exercises and stretching.

**Zumba**- This exercise class is a “fitness party” that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration. Be prepared to sweat and have fun!

**Step**- This cardio workout utilizes the Reebok Step for an awesome and fun workout!

**Body Step**-The ultimate way to give your body a high energy cardio blast and tone hips and thighs. With over 2,000 steps per session you'll see results in record time. Get in step with one of the best fitness classes the world has to offer.

**Cycling**-A cardio class designed to mimic road rides, focusing on intensity and essential training principals. Appropriate for all levels, be sure and show up ten minutes early to allow for proper bike fit. Space is limited; reservations are required no earlier than 24 hours prior to class.

**Cycle & Flow** – 30 Minute of Cycling followed by an express version of Body Flow. Improves cardio fitness, lower body & core strength and flexibility.

### **SCULPTING / STRENGTH CLASSES**

**Body Sculpt** – This class is designed to target all your major muscle groups through strength training. This class utilizes equipment including weights, resistance bands, body bars, and more! All Fitness Levels.

**Core Crazy** - This 30 minute freestyle core class focuses on exercises for ALL your core muscles using a variety of fitness equipment. All movement originates from your core, so strengthen and stabilize yours and leave class feeling strong!

**Body Pump**-The fastest way in the universe to get in shape! A strength endurance training class where muscle and music collide! Try this free weight training class for a great all over body workout. Beginners as well as more advanced exercisers will enjoy!

**Pilate's**- Basic Pilate's class taught at an instructional pace. Appropriate for all levels.

**Body Flow**- This Yoga, TaiChi, Pilates workout that builds flexibility, strength and balance and leaves you feeling centered and calm. Controlled breathing, concentration and carefully structured series of stretches, moves and poses to music creates a holistic workout that brings the body into a state of harmony and balance.

### **SENIOR FITNESS CLASSES**

**Silver Sneakers Classic** - Have fun and move to the music with a variety of exercises used to increase muscular strength and range of motion for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.