

# GROUP FITNESS CLASS DESCRIPTIONS

**Barre:** Blend of Pilates (core strengthening), Ballet (leg work), and Yoga (flexibility) to strengthen the entire body.

**Cardio/Core:** Integrates a bit of interval work to maintain a high heart rate and engage all muscles including the often forgotten complex of core muscles.

**Cycling:** Classes alternate High Gear, Hills & Climbing, and Intervals so that each class you get a different workout.

**Kick boxing:** An empowering cardio workout! MMA draws from a wide array of disciplines such as Karate, boxing, Muay Thai, and more. So strike, punch, kick and kata your way through calories to your next level of cardio fitness.

**PowerFIT:** Challenge your muscle strength and endurance! A power/strength class incorporating lifting into a high heart rate/interval workout. All classes will include Functional Interval Training (FIT). The detailed format may vary depending on the instructor's certification background. Class formats under this description include (not limited to) RIPPED, HIITIT, Tabata, Bosu, Pgox, etc.

\* Flexibility training class: A class that focuses on strength-building and flexibility development

\* Aerobic class: A 30-minute group class that combines cardiovascular, muscular, and abdominal exercises

\* Strength and conditioning class: A class that uses free weights, body weight, and fluid motions to help build lean muscle

**Zumba:** A high energy aerobics class incorporating the rhythms and dances from Latin and international cultures. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves.

**YOGA:** All of our Yoga classes offer modified poses to accommodate the variety of strength and flexibility in individuals. Our Yogainstructors are trained in different types of Yoga. Some of the styles that you will enjoy are: \* Hatha Yoga \* Vinyasa Flow \* Integrated Yoga \* PowerYoga \* Yoga Therapy \* and Raja Yoga .

## **AQUATICS CLASSES (water belts and weights are available for class use)**

**Aqua Therapy:** A low impact, high resistive environment for aerobic conditioning and muscle strengthening. The water provides buoyancy to relieve stress on bones and joints during exercise.

**Aqua Circuit:** Using the water as a tool of resistance (with the option for water weights) this class will challenge your muscles.

**Deep Water:** A zero impact class, this workout takes place in the deep end of the pool. Water belts are available for use. This is a great class to elevate your heart rate without placing stress on your joints.

**Shallow Water:** A workout in the shallow area of the pool, you will experience a great workout with limited joint impact.

**Aqua Zumba:** Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, this class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.