

## FITNESS CLASS DESCRIPTIONS

### CARDIO

**Fierce TKO:** (Fierce TOTAL Knockout Kickbox Tabata Workout) Tabata is 8 intervals of 20 seconds max work, 10 second rest; 60 second recovery follows each Tabata.

**Kickbox Fierce Fight:** Dynamic cardiovascular workout which utilizes boxing and martial arts style training techniques to improve strength, agility and endurance.

**PIYO:**® Pilates and yoga inspired moves crank up the speed to give you full-throttle cardio, strength and flexibility training. Body weight is used to perform a series of continuous targeted moves. No weights/jumps, just hardcore results! Barefoot preferred.

**R.I.P.P.E.D.® (Resistance. Interval. Power. Plyometrics. Endurance. Diet.)** High-energy group workout that masterfully combines an easy yet effective cardiovascular routine interlaced with weights and resistance, all to music.

**Senior Fitness:** Low-impact cardio workout designed with the older adult in mind. Class consists of warm-up, stretch, cardio routine, muscle strengthening and cool down/relaxation. **\*First Friday/month this class will be Chair Yoga.**

**Spinning®:** Emphasis on proper cycling technique while you control the intensity of this world-class workout. Arrive 30 minutes before class to pick up your reservation ticket and get your bike. *Towel and water bottle are mandatory.*

**Step & Sculpt:** For the "Step" lover! Add the sculpt and you have a complete workout.

### CIRCUIT CHALLENGES

**Boot Camp Challenge:** Dynamic and intense circuit workout that incorporates cardio sprints, whole body toning, strength, power, balance and core conditioning. All levels welcome.

**GRIT:**® 30-minute high-intensity interval training (HIIT) workout that improves your strength, build lean muscle, and improves cardiovascular fitness. LES MILLS GRIT takes cutting edge HIIT and combines it with powerful music and inspirational coaches that will push you harder. All levels welcome.

**OA (Older Adult) Strength & Stability:** This circuit class incorporates balance techniques with strength exercises. Over time you will feel steady and more confident when you move and engage in daily activities.

**Triple Threat:** A total body workout split 3 fun ways. Challenge yourself with cardio intervals followed by a strength segment and ending with core training all in 40 minutes utilizing your body weight, free weights, step and so much more!

**P90X Live:**® P90X LIVE is a full-body, strength-training format, featuring four unique blocks of work: Cardio X, Lower Strength, Upper Strength and X Core. Constantly changing protocols will keep the participant from hitting a plateau.

### Dance

**Dance Fitness:** This fun aerobic dance class takes the "pain" out of exercise, resulting in toning and cardiovascular benefits.

**Zumba:** An aerobic workout with pulsating Latin music incorporating footwork and body movements from flamenco, salsa, merinué and other dances. NO EXPERIENCE NECESSARY.

### SPIRIT-MIND-BODY

**\*Chair Yoga:** **\*Every first Friday of the month.** This is the gentlest form of yoga; it is easier on your muscles, and is for people with high blood pressure, anxiety, chronic fatigue syndrome, arthritis, vertigo, multiple sclerosis, carpal tunnel syndrome, chronic pain, and those that find it difficult to get up and down from the floor.

**Nia:** A cardio-dance workout and movement practice that tones your mind and tunes your body. Each workout brings mindfulness to your dance movement, leaving you energized, mentally clear and emotionally balanced. Nia combines 52 simple moves with dance arts, martial arts and healing arts to get you fit in body, mind, emotion and spirit. Practiced barefoot, non-impact and adaptable to individual needs and abilities.

**Power Yoga:** Fast-paced yoga class designed to focus more on strength, breathing and flow. This class is for in-shape people of all yoga experiences, from beginners to experts.

**Sport Yoga:** This class incorporates traditional sports stretching and focuses more on structure and balance. Beginners welcome!

**Vinyasa Level II/Yoga Level II:** Practicing yoga 6 months to 1 year; consistent and comfortable with Sun Salutations and various asanas.

**Yoga:** A fit and supple body is developed through the practice of postures (asanas). Taken from various Yoga disciplines, the asanas are taught with attention to correct positioning of the body so that each individual part as well as the various physiological systems can function to their best potential.

**Yogalaties:** Blending the breath and flexibility training of yoga with the power and centering techniques of Pilates, Yogalaties offers a workout that stretches and tones the body while relaxing the mind.

**Yoga Therapy :** The ancient art and science of yoga is used to promote a healthy and well-functioning body and mind. Focus will be on postures that help to manage pain, increase flexibility, and promote health and well-being.

### SCULPTING & TONING

**Abs & Back:** Dedicated to strengthening and toning the "CORE" muscles. Focus is on posture and form.

**Barre Burn:** A fast and effective way to change your body! A total body workout that lifts your seat, tones your thighs, abs and arms AND you'll burn fat. Take this class and hit up a different kind of bar for a change!

**Body Pump:**® A total body workout that burns calories, shapes, and tones without building bulky muscles. The encouragement, motivation, and great music in every BODYPUMP® class will achieve the results you want and deserve! Each class is 55 minutes in length.

**Core & More:** Strengthen your core and torso muscles plus tone multiple muscle groups using body weights, gliders, bender ball, bands, grid rollers and much more! All fitness levels welcome!

**Pilates:** A series of core exercises that emphasize the muscles of the abdomen and back. Posture will improve while you lengthen and strengthen all of the muscles in your body.

**Pop Pilates:**® The combination of a total body Pilates exercises with the attitude of choreographed dance and the energy of the music, results in an intense workout that is FUN and effective. Students will be challenged to flow from one exercise to the next, developing a rock solid core, while leaving NO muscle untouched. Every exercise can be modified to fit YOUR personal needs. You'll leave feeling sweaty, strong and ready to take on MORE.

**Simply Strength:** Using your own body weight, hand weights, gliders and bands, this class utilizes real life functional movement patterns such as twisting, bending, pushing, pulling, lunging and squatting in a FUN and creative way. Core training, balance and flexibility are all included to create a well-rounded program.

### SPECIALTY PROGRAMS

**Ageless Grace:** Twenty-one simple tools to lifelong comfort and ease. This class is done in a chair for any age and ability. The movement exercises are fun and focus on the healthy longevity of the body, mind, emotion and spirit.

**Project HEALTHY BONES:** Osteoporosis prevention, exercise and education program for older adults, designed to improve strength, balance and flexibility. You will be educated on the importance of exercise, nutrition, safety, drug therapy and lifestyle factors as they relate to osteoporosis. **MEDICAL CLEARANCE REQUIRED.** See Member Services Desk for medical form and details. Non-member fee \$50 per session.