

Group Fitness Class Descriptions

CARDIO

Cardio-Kickboxing—A dynamic cardiovascular workout that utilizes boxing and martial arts style training techniques to improve strength, agility and endurance. This class is a definite cross-trainer to add to your workout. Class adaptable to all levels.

Cardio-Sculpt—The 25/25 format is the perfect express workout. It is twenty-five minutes of cardiovascular fitness, followed by twenty-five minutes of the latest sculpting and toning moves. Join us for a jump start to your day. All levels welcome.

Indoor Cycling—Jump-start your cardio routine with a workout that invites without intimidating. Emphasis is 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. Doors are opened by Cycling Coach 15 minutes before class so you can set up your bike for a proper fit and safe ride. *A towel and water bottle are mandatory for class participation.*

Senior Fitness—This low-impact cardio workout is designed with the older adult in mind. You will start out with a warm-up and stretch, an easy to follow 20 minute cardio routine, muscle strengthening, and end with cool down/relaxation. ***The first Friday of the month this class will be Chair Yoga.**

Step—For the “step” lover! This class is designed with variety in mind. From a traditional step to multi-step, circuit or intervals, this class is sure to please.

CIRCUIT CHALLENGES

AOA (Active Older Adult) Strength & Stability—By doing strength and stability exercises regularly you can help reduce your risk of injury from an accident. This circuit class incorporates balance techniques with strength exercises. Over time you will notice that you will feel steady and more confident when you move and engage in daily activities.

Intense Circuit Challenge—If you workout downstairs or you’re a group fitness fiend you won’t want to miss this class. It will be a fun, dynamic and intense circuit workout that incorporates cardio sprints, whole body toning, strength, power, balance and core conditioning. Please come early for game plan. Class starts PROMPTLY! See schedule for start time.

DANCE

Zumba—Zumba is an aerobic workout with pulsating Latin music that has had an unbelievable effect on everyone who has tried it. This class incorporates footwork and body movements from flamenco, salsa, meringue and other dances. NO EXPERIENCE NECESSARY. Come and join the FUN and “GET ZUMBA-FIED”.

GROUP & PERSONAL TRAINING PROGRAMS

Fitness Evaluation—Get an evaluation of your body composition, measurements, cardiovascular endurance, flexibility and muscular strength/endurance. Cost is \$50. Call ext. 46 to set-up an appointment. Pick up necessary forms in the Weight & Fitness Center before making your appointment.

Group Fitness Training—Train your body as well as your mind in group personal training. This is a great alternative to your traditional workout! Class is limited to six participants. Thurs. 9-10:30 a.m. FEE

Personal Training—Want more than a Group Fitness Classes? Why not try one-on-one training with a certified Personal Trainer? A trainer can motivate you, teach you new techniques and help you achieve your fitness goals. Prior fitness evaluation required.

One-hour session—\$50; 5-hour sessions—\$225;

10-hour sessions—\$425. One half-hour session—\$30.

*Jump Start Package—1 fit evaluation & 2-hour sessions—\$125.

*Start Up Package—1 fit evaluation & 3 half-hour sessions—\$125.

***ONE TIME ONLY**

Partner Training—Bring your own partner—\$70

Call ext. 40 to set up an appointment. Pick up necessary forms in the Weight & Fitness Center before making your appointment.

MIND-BODY-SPIRIT

Chair Yoga—The gentlest form of yoga. As yoga poses are typically done on the floor, Chair Yoga is easier on those less limber muscles.

It is for people with high blood pressure, anxiety, chronic fatigue syndrome, arthritis, vertigo, multiple sclerosis, carpal tunnel syndrome, chronic pain and for those that find it difficult to get up and down from the floor. ***This class is held every first Friday of the month.**

Power Yoga—This fast paced yoga class is designed to focus more on strength, breathing and flow. You will be guided through a routine of postures (asanas) that are designed to make the body more fit and supple while at the same time allowing the mind to relax and rejuvenate. This class is for in-shape people of all yoga experiences - beginners to experts.

Sport Yoga—This class incorporates traditional sports stretching, some Pilates mat exercises, and martial arts warm-ups. While Sport Yoga is 70% Hatha style, it focuses more on structure and balance. Beginners welcome!

Vinyasa Yoga—A dynamic type of yoga with flowing movements connecting yoga postures into one fluid seamless exercise. It is energetic, with emphasis on breath-controlled yoga movements.

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. Standing postures and breathing are emphasized in this class.

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.

SCULPTING/TONING

Awesome Abs & Back—This class is dedicated to strengthening and toning the “CORE” muscles. A short warm up, followed by a series of continuous abdominal and lower back exercises. The class ends with a gentle stretch. Posture and form will be a strong focus.

Mixed Method Pilates/Bosu—Enjoy the benefits of both! This Pilates mat class will be integrated with the core and strengthening exercises designed for the Bosu half ball. A beautiful combination and variety of movements will enhance any fitness routine.

Pilates/Pilates Plus—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. **Pilates Plus**—A class with a little flair! Props include BOSU, stability ball and light weights, all designed to give your workout an extra boost!

Strength & More—This class combines a mix of free weights, bands, body bars, and gliding discs. You’ll get total body toning and conditioning, working multiple muscles while engaging core stabilization throughout your range of motion. It’s a great workout. Try it!

GROUP FITNESS STAFF OF PROFESSIONALS

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