



GROUP FITNESS AND CYCLE CLASS DESCRIPTIONS

CARDIO:

Zumba®: 60 min. Join the Party™ - Dance to Latin and International music.

Y-Trek Treadmill Fitness: 60 min. (In the wellness center). Walk, run and stretch.

Outdoor Run: 60 min. Get off the treadmills and go enjoy the great outdoors!

Kickboxing: 60 min. Put the “POW” into your workout.

Pickle Ball: 120 min. Learn a new game. Improve hand-eye coordination and cardiovascular health. Have fun!

STRENGTH:

Muscle Pump: 30-60 min. Weight training using multiple sets & specialized periodization.

RIP: 60 min. “Resistance Intervals for Power.” Want to get STRONG? Get to this class!

Core & More: 30 min. Strengthen your core, legs, glutes, and MORE!

Tabata-Strength: 30 min. Pure high intensity interval strength training!

TRX Plus: 30-45 min. Total body toning and core conditioning using (mostly) bodyweight exercises and TRX straps.

CARDIO/STRENGTH COMBINATION:

Kick Booty!™: 60 min. A supercharged, fun, and easy-to-follow kickboxing class for all fitness levels, incorporating cardio and toning exercises.

Zumba® & Toning: 30 min. Add light weights to your cardio & feel the burn!

Butts & Guts Boot Camp: 60 min. Tone your core (abs, low back, & glutes.) Expect results!

HEIT: 30 min. High Endurance Interval Training.

Outdoor/Indoor Boot Camp: 60 min. Challenge yourself with “outside the box” exercises.

B-Extreme: 60 min. Bands, Bars, & DumBells. Cardio, conditioning, strength, core, balance!

Pedal & Pump: 45 min. Get your cardio training followed by off-the-bike toning all in one class on Tuesday morning.

MIND/BODY:

Kung Fu (Martial Arts): 60 min. A more vigorous version of Tai Chi.

Yoga Stretch: 60 min. Improve flexibility & Posture. Feel GREAT!

Hatha Yoga: 60 min. Pure and unchanged Iyengar-style postures. All levels welcome.

Dynamic Flexibility: 60 min. Develop body awareness, strength, and flexibility.

Yoga: 45 min. & 60 min. A basic yoga class. All levels welcome.

Powerful Yoga: 60 min. Ashtanga-style athletic yoga. Intermediate to advanced.

Dynamic Yoga: 60 min. A more athletic-based yoga.

Pi-Yo: 60 min. Combination Pilates (core) work and Yoga flow.

Tai Chi: 60 min. Learn the 13, 37, and 108 posture forms as well as a Tai Chi Sword form.

Yoga Flow & Core: 75 min. Yoga & Pilates strengthen your core & increase flexibility.

Joy of Movement: 60 min. Sensory-based movement for base, core & upper body. 3 levels.

Movement & Flexibility: 60 min. A combination of Joy of Movement and Dynamic Flexibility.

Dynamic Yoga: 60 min. Take your yoga class to the next level.

Yoga on the Beach: 60 min. An outdoor Yoga class at High Tides on the Potomac.

29 Again Club:

Senior Chair Fun: 60 min. Low key cardio, on or off chair. Strength, stretch & ab on chair.

Keep it Active: 60 min. Cardio, strength, balance & flexibility. Work at your own level!

Zumba® Gold: 30 min. Modified to suit the active older participant, or beginners.

Gym Walking: 30 min. Start your morning with variations on walking forms and intervals.

CYCLE:

Group Cycle: 60 min. Hills and climbs, adding breakaways, and cadence drills.

Cycle for Everyone: 60 min. Pedal at your pace and have a GREAT time doing it!

Tabata Cycle: 30 min. Fast paced interval training. Short & effective workout!

Pedal & Pump: 60min. Intense ride followed by toning exercises.

Power Pedal: 60 min. A more challenging ride geared toward the more experienced cyclist.

Sprint Cycle: 30 min. Get in a quick and fun ride.

Dynamic Cycle: 60 min. Fun and energetic workout.