

## GROUP FITNESS CLASS DESCRIPTIONS – WINTER 2012

- Afternoon Workout:** this class is a nice mix of styles based on participants needs and wants. Just come to class and participate in the design of your class! Cardio, strength, and core will all be addressed in the 60 min class.
- AM Workout:** Cardio of ALL kinds for our early risers. Couple this class with the 30 min STRENGTH & CORE class.
- Cardio Bar:** one amazing workout using all muscle groups and a variety of toys in a variety of ways. You need to come experience Cardio Bar ... at least once!
- CORE training:** ½ hour spent strengthening your abs and back – the core. The ways we work the core and the toys we use vary ... you'll never get bored working your core!
- Cycling:** an indescribable experience! Your time on the bike is instructor led with you having the control to make the workout as intense as you need/want. We simulate hills and down hills and back up again. BRING A WATER BOTTLE AND A TOWEL! This is a 60 min class except for Mon & Wed mornings – these classes are 90 min with a rolling start – if you are not ready for 90 min or can be there the entrie time .... No worries.
- Cycling30:** the same GREAT cycling workout but for “ONLY” 30 minutes. A great way to get introduced to cycling and for those in a time crunch. This class will get right down to business and take you for a ride!
- Cycling Brick:** this is a 90 min + class that starts out as a 60 min cycling class then follows up with either a run or a swim (winter months we are focusing on swimming). Great training for any triathlete or those who just want to extend their workout.
- Group X-treme:** an intense bootcamp style class using a variety of athletic components put together in a variety of ways. A great interval class to take your workouts to another level. MEETS IN THE GYM
- Healthy Back & CORE:** 30 minutes dedicated to strengthening your back and your core utilizing a variety of equipment in a variety of ways.
- HIIT:** stands for High Intensity Interval Training. This is a 30 minute class ... and that is all you need! Toys or no toys a great workout is had by all. This class is athletic based.
- Kickboxing:** action packed, intense, FUN workout using kickboxing technique and form. We use heavy bags, wave master, BOB, mitts, and every other toy in the room including wraps and gloves. The Monday morning class is 30 minutes – while T/Th afternoons is for 60 minutes.
- MC2:** E= MC2 ... energy equals muscle conditioning and core. That is what you get in this strength training, body sculpting, total body workout.
- Pilates:** Following the Pilates practice, our instructors target your entire body in this low impact class. No previous Pilates experience needed.
- Run & Fun:** getting you off the treadmill and outside in the fresh air. This class works on run technique by working on skills and drills that build strength, power, and agility. Endurance runs are planned for up to the 5k distance. This class will help you begin a running program or enhance your current plan. This class meets in the front lobby.

**SAT AM Rotation:** our Saturday morning aerobics class will vary class style based on the instructor. We have 4 GREAT instructors rotating 1 Saturday each month. Cathy, Joy, Shannon, and Tammy will rotate. Look for class styles to be posted at the aerobics room.

**Silver Sneakers:** a truly no impact class designed to facilitate movement and exercise for older adults. This is a Humana Health Insurance program. ALL are welcome.

**Silver Stretch:** this is a 30 min class in the Silver Sneakers family of classes. ALL are welcome to join this gentle yoga style class.

**Step & Fun:** some step and some fun – of all kinds – body bar combat, partner drills, games, Y drumming – ant the fun goes on and on! (this is the old step & tone with some new ideas)

**Step:** primary focus is cardio using the step. Some classes are more choreography heavy and others are more basic. Core training and strength intervals can be applied to this class as well.

**Tai Chi:** a form of martial arts incorporating strength, flexibility, and core in a no impact power workout. Also offered as **FAMILY STYLE TAI CHI** – open to all ages.

**Tri Fit:** this is a 30 minute class geared towards triathletes and runners for strength training - lower body, CORE, and total body. From this class we go to a 60 min cycling class – or go out for a run! Cycling Brick follows this class.

**Young @ Heart:** a low impact workout that includes cardio, strength, core , and flexibility

**Zumba:** a FUN, energetic, latin style DANCE WORKOUT! Come shake and move like you have never before! A good low impact class

**Zumba Tone:** is a 30 minute class using the FUN energetic latin dance style with light weights to target those hard to reach places.