



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASS DESCRIPTIONS

ABS/CORE: A quick and effective workout designed to get your core in shape. Stability ball, bands or weights may be used. Lower back exercises may be included.

ACTIVE OLDER ADULTS-STRENGTH: This strength class takes you through a variety of exercises designed for active older adults. Increase your muscular strength and range of movement, helping with activities of daily living. Exercises may use hand-held weights, elastic tubing with handles and a ball for resistance.

AQUA ZUMBA®: This gives a new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting and laughing are often heard during this class. The class is safe, challenging, and exhilarating.

BARRE WORKOUT: A functional fitness class designed to build strength through length by focusing on the eccentric contraction, the lengthening phase of muscle contraction. Barre combines dance with Yoga, Pilates and strength training together to improve your muscle strength, power and range of motion. You will work through all three planes of motion increasing your core power, improving your posture and balance, and strengthening the muscles of your hips, shoulders and spine. Gliding discs, hand weights, and Bender Balls may be used in class.

BEGINNER FITNESS: Gain muscular strength and tone through exercises that isolate muscle groups. Class may include cardiovascular segments.

BODYATTACK™: This is the sports-inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

BODYCOMBAT™: An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi and Muay Thai.

BODYFLOW™: This is a yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm.

BODYJAM™: A cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and the hottest new sounds puts the emphasis as much on having fun as breaking a sweat.

BODYPUMP™: This barbell class will sculpt, tone and strengthen your entire body, fast. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

BODYSTEP™: This class uses a height-adjustable step and simple movements on, over and around the bench. Cardio blocks push fat-burning systems into high gear followed by muscle conditioning tracts that shape and tone your body.

BODYVIVE™: If you want the optimal mix of strength, cardio and core training this is it. Step into a BODYVIVE class and you can be sure you're heading into one of the safest and most effective workouts around. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories.

BOOT CAMP: This is a challenging, highly structured, athletic-based class. No choreography is involved. The class will incorporate plyometric training and physical military moves.

BOSU: An athletic based class that utilizes the BOSU. The BOSU is a great core and stability training tool designed to increase intensity in every move.

CSI (CARDIO STRENGTH INTERVALS): Incorporates intervals of cardio endurance and muscle conditioning to create a fitness training experience. Improve overall fitness, agility, speed and athleticism in this high-intensity class.

CXWORX™: This class really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

CYCLE: Indoor cycle classes simulate outdoor riding with sprinting, hill climbing and other techniques. Classes may also include core work.

DRUMFIT®: A high energy workout that combines cardio, muscle conditioning, balance and flexibility with all the fun of drumming and zero intimidation factor. DrumFit easily increases the challenge for all fitness levels. You will strengthen your core and burn calories all while have fun. Easy to start. Hard to Stop! Beat away your stress!

FAMILY BODYJAM™: SEE BODYJAM™ description above. Children ages 8 and up can attend with parents.

FAMILY BODYPUMP™: SEE BODYPUMP™ description above. Children ages 10 and up can attend with parents.

FAMILY CYCLE: A shortened, less intense version of our regular cycle class. The class incorporates all of the same drills as the regular class, with shorter durations. Children ages 10 and up can attend with parents.

FAMILY LATIN DANCE: Dance salsa, merengue, cumbia and mambo to fun and motivational music. Children ages 8 and up can attend with parents.

H2O COMBO: A combination of shallow water, modified deep water and toning exercises. Traditional stretching and toning exercises are included to increase strength, improve flexibility and enhance relaxation.

INTRO TO BODYCOMBAT™: Learn the strikes, punches, kicks and katas that are used in a typical BODYCOMBAT™ Class. This technique session will help prepare you for a full class.

INTRO TO BODYPUMP™: Learn the correct form and techniques to get maximum benefit in a BODYPUMP™ class. This technique session will help prepare you for a full class.

LATIN DANCE: Dance salsa, merengue, cumbia and mambo to fun and motivational music.

LINE DANCING: Line Dancing isn't just country/western anymore! It's modern, urban sophistication, swing syncopations, flowing waltz and nightclub rhythms, and Latin flavor. Dance choreography in lines—but with the look and feel of ensemble dancing. No partners needed.

MAT PILATES: A conditioning program that improves muscle control, flexibility, coordination, strength and tone. Based on proper breathing, good posture and intense concentration, the exercises are performed on a mat and can make use of other equipment (i.e., BOSU, medicine balls).

QIGONG/TAI CHI: These Chinese healing arts are known for their health benefits and as a means for dealing with stress. You'll work on relaxation, fluid movements, balance and breathing. Flowing postures blend elements physical exercise and relaxation. The 24 Yang style Tai Chi form will be taught.

RPM™: The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring coach who leads the pack through hills, flats, mountain peaks, time trials and interval training.

SILVERSNEAKER CLASSIC®: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SILVERSNEAKER SPLASH®: Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

SPRINT™: Our newest Les Mills class. LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

STEP: Enhance your cardio endurance in this high energy class. Workouts are choreographed to offer full body exercise with movements on and around a step. Benefits also include improved coordination and balance.

STRONG by Zumba™: This class combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Enhance your cardio endurance in this high energy class. Workouts are choreographed to offer full body exercise with movements on and around a step. Benefits also include improved coordination and balance.

TREADMILL CLASS: This is an interval type class designed to improve cardio training. It will include intervals such as jogging, power-walking and a variety of hill climbs using a treadmill in the Wellness Center.

WATER IN MOTION®: The aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the body.

WATER JOG: An aquatic workout that is more beneficial than running on land. The water resistance provides muscular toning and strengthening and also reduces muscle soreness. Perfect for those looking to take their workout to another level as well as those looking for a great rehabilitation workout!

YOGA: Yoga builds a strong body, mind and spirit. This class incorporates Yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Yoga props are offered to safely perform exercises. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

YOGA-RESTORATIVE: Restorative yoga allows you to experience the ease that underlies a more active yoga practice. A gentle, calming, style of yoga which sometimes uses supportive props and emphasizes "surrendering to gravity" to allow for total relaxation in every pose.

ZUMBA: This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn!

ZUMBA GOLD®: Designed for the active older adult, the true beginner and/or people who are not used to exercising. The main difference from regular Zumba® is this class is done at a lower intensity.

ZUMBA TONING®: This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn! Toning incorporates the use of lightweight dumbbells for strength and conditioning work.