



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SHADOWBEND GROUP EXERCISE CLASS DESCRIPTIONS

**ACTIVE OLDER ADULTS BALANCE/FALL PREVENTION:** Better posture, increased muscle strength, motor skills, agility, coordination and self-confidence form the basis of balance training. Safety is the #1 goal in this class. Wear comfortable clothes and shoes with non-slip soles.

**ACTIVE OLDER ADULTS DANCE CARDIO:** This is a mix of hi-low, aerobic dance and toning to challenge or accommodate various fitness levels.

**ACTIVE OLDER ADULTS STRENGTH:** Condition your entire body in one hour with dumbbells, barbells, resistance bands and balls.

**ACTIVE OLDER ADULTS WATERCIZE:** Enjoy this low impact, traditional water workout, in shallow water.

**BALLET WORKOUT:** Perform flowing movements that utilize larger muscle groups. This class will lengthen, tone and stretch muscles borrowing techniques used by the ballet dancer. No previous dance experience needed.

**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 & strength, leaving you feeling centered & calm.

**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.

**BODY SCULPTING:** Condition your entire body in one hour with dumbbells, barbells, bands and balls.

**BOOM:** improves strength, flexibility and endurance through BOOM MUSCLE strength-based training, BOOM MOVE IT dance cardio and BOOM MIND a fusion of Pilates and yoga to improve range of motion and flexibility .

**CARDIO CHALLENGE:** Enjoy circuit training, speed and agility drills, running/power walking, jump rope, abs, stretching and more.

**CARDIO MIX:** Enjoy a mix of power walking/jogging, cardio games and relays and toning exercises followed by abdominal work and stretching. All levels.

**CORE CONDITIONING :** Strengthen your body while challenging your core for a totally balanced workout. Use weights, bands, body bars and tubing.

**CSI (Cardio/Strength/Intervals):** Non-choreographed, athletic training format, alternating strength and cardio intervals, using a variety of equipment, with options for all levels of experience and fitness.

**CYCLE:** Indoor cycle classes simulate outdoor riding with sprinting, hill climbing and other techniques.

**DEEP H2O:** Use Floatation belts as you perform challenging, cardiovascular exercises in deep water.

**FIT KIDS:** This class combines games and fitness activities in a fun-filled workout that will increase cardio and strength endurance.

**HI/LOW INTERVAL TRAINING:** An express cardio class that involves a series of higher intensity moves interspersed with lower intensity (recovery) moves to challenge the body to work at an overall higher metabolic level. Your legs never stop moving. High impact and low impact options.



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**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).

**METAFIT™:** The original 30 minute, non choreographed, bodyweight only H.I.I.T. (High Intensity Interval Training) workout.

**NIGHT CLUB CARDIO®:** The lights are low and the moves are simple, yet effective. Somewhere between the music and the Soul Train line, you begin to forget you are even working out!

**PIYO™:** Mostly low impact, high intensity, muscle sculpting and core firming benefits of Pilates with strength and flexibility of yoga.

**POWER MAT PILATES:** An intense full body mat workout that infuses strong core Pilates inspired exercises at a cardio-pumping pace.

**SILVER SNEAKERS® CARDIO (SENIORCISE):** An overall workout at a comfortable pace. In addition to cardiovascular conditioning and toning, special emphasis on balance, joint range of motion, and flexibility.

**SILVERSNEAKERS ®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.

**SILVERSNEAKERS ®YOGA:** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**YOGA:** Yoga builds a strong body, mind and spirit. See list below of the yoga classes offered.

**CHALLENGE YOGA:** Takes the asana and breathing techniques learned in Hatha classes and strings them together into a fairly continuous alignment based flow class. There are also deeper flexibility challenges such as lotus or splits, but anyone is welcome.

**SENIOR/BEGINNER YOGA:** A Hatha or physical class, but with seniors and beginners in mind. There is less getting up and down from the floor. Great emphasis is placed on correct alignment principles to promote both safety and maximum benefits.

**YIN YOGA:** Consists of mainly seated or supine poses that are held passively with props in order to enable gravity to release tight fascia and connective tissues, increasing flexibility. It can be challenging mentally as one attempts stillness in the poses.

**YOGA (Levels 1-2):** Hatha Yoga classes utilizing physical poses and breathing techniques to increase strength, flexibility and general wellbeing. Most classes finish with deep relaxation.

**WATER AEROBICS:** Enjoy this low impact, traditional water workout, in shallow water.

**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!