

FITNESS CLASS DESCRIPTIONS

- **BALANCE/TONE** — class is designed to strengthen the muscles that help keep you upright, including legs and core. Exercises can improve stability and help prevent falls. **TONE** — A mix of cardio, resistance training using lite weights.
- **BALL FIT** — 30 minute class which incorporates exercise ball into cardiovascular and strength intervals.
- **BARRE** — Barre fitness-originated from dance/ballet. Targets and tones muscles. Instead of using bars, (a chair can be Used) combines a total body workout with ballet inspired movements,
- **CARDIO WEIGHT TRAINING** — This interval class combines weight-conditioning segments with bench stepping for a complete workout. Also known as **CARDIO SCULPT**
- **CONDITION/STENGTH** — A **TOTAL BODY** conditioning class designed to target individual muscle groups. Hand weights are used to increase the effectiveness and intensity of the workout. This class improves muscular strength and creates muscle definition. Workouts include floor work, abdominal exercises, and plenty of stretching.
- **CORE** — Exercises that involves the use of your stomach and back muscles. Classic core exercises stabilize and strengthen your core. Free weights can be used in this class.
- **EASY DOES IT** — This **NON-IMPACT AEROBICS** class fuses dance movements with an invigorating cardiovascular fitness workout. Workouts include hi-lo aerobics and some moderate stepping using the step bench. Each class ends with abs, and a cool down.
- **FLEXIBILITY & MOBILITY** — Exercises that aim to stretch your muscles until they're loosened up, body becomes more limber. These exercises provide you with more freedom of movement. **MOBILITY** exercises target joints. **STRETCH**—is exercises that increase mobility and flexibility, as well as adding strength.
- **GENTLE YOGA** — movement is slow, each movement is linked with breath, and poses are entered into gradually. Can be done standing or chair.
- **INTERVAL** – This is a total workout. Designed to get your heart rate up, burn fat, create muscle definition all at the same time, while doing several different types of exercises. Body bars, hand weights, and step bench used in this class.
- **LINE DANCE** — (SENIOR) choreographed dance moves, done to variety of musical styles, country, pop, disco, rock, swing, R&B and Latin.
- **PILATES** — Muscle strengthening workout that focuses heavily on building strong **CORE** muscles. Repetitive exercises to create muscular exertion.
- **RELAX AND REJUVENATE** —Breathing exercises, some face yoga, joint loosening and some **STRETCHING**. All is done in chair or standing.
- **SPIN/INDOOR CYCLING** — Vigorous workouts using an exercise bike. Great way to burn fat and stay in shape. 45 minute class - for all fitness levels. Full body workout —not just legs.
- **STEP & SCULPT** — Burn fat, rev your metabolism and sculpt your entire body in this class which utilizes free weights and a step bench, plus heart pumping multi-muscle exercises, to achieve workout results. **BASIC STEP WITH WEIGHTS**
- **STRENGTH TRAINING & TOTAL BODY** — This invigorating class improves muscular strength and creates muscle definition. Workouts include use of hand weights, body bars, lots of lunges and squats. Finishing with abs and stretching.
- **SUPER STEP** — A high intensity workout using lots of choreographed moves on a step bench. **INTERVAL**
- **WERQ** — Fierce, **FUN** dance fitness class based on rock, pop, and hip hop music. High energy dance class.
- **YOGA** — Level 1 Basic to intermediate class. Focus on gentle poses with coordinated breathing. Enhances flexibility and strength.
- **ZUMBA** — Latin rhythms with cardiovascular exercises to create an aerobic dance routine that is easy and fun to follow.
- **ZUMBA TONING** — incorporates weighted toning sticks or dumbbells, to **ZUMBA** dance moves that are used for resistance training.