

Group Fitness Class Descriptions

Body Sculpting: A muscular strength and endurance workout using free weights and/or your own body weight or resistance.

***Boot Camps:**

***Beach Body Boot Camp:** Cardio, strength and flexibility training for all levels.

***Athletic Core:** focuses on the development of core strength and stability.

***Ironman Cardio:** focuses on improving cardiorespiratory fitness.

Boxing Conditioning: A full body workout including punching, kicking, jump roping and light bag work.

***Brazilian Jiu-Jitsu & Self Defense:** A martial art and sport that focuses on grappling and ground fighting with the goal of gaining a dominant position and using joint locks and holds to control an opponent. It teaches that a smaller, weaker person using leverage and proper technique can successfully defend themselves against a bigger, stronger assailant.

Cardio Challenge: Interval mix of basic step & low impact aerobics to keep your heart rate up & your muscles challenged.

Cardio n' Sculpt: A body sculpting, heart pumping class that is sure to burn calories and shoot your energy through the roof! Challenge yourself with core, upper and lower body conditioning, while stimulating your metabolism with cardio and muscle toning.

Core Conditioning: An intense class that will work your core muscles and lower body. Be prepared for exercises that strengthen your abdominal and lower back muscles, abductors, adductors and glutes. This class will help improve your posture and functional strength.

Cross Training: Complete with both cardiovascular and strength training exercises designed to add variety to your training.

Dance Fusion: Easy-to-follow choreographed dance aerobics, plus a complete muscle-toning segment.

***Beach Body Abs:** Abs training using balls, bands, and bodyweight. (All Fitness Levels)

Hi/Low Impact: A cardiovascular workout incorporating both high-impact moves (jogging, jumping) and low-impact moves (one foot remains on the floor at all times). Instructor demonstrates both variations of the class.

***Indoor Group Cycling:** Our indoor group cycling classes will provide exciting cardio workouts suitable for all ages and fitness levels. Under the guidance of our nationally certified instructors, participants simulate riding through various terrains by manipulating their resistance and pedaling speed. In the typical class participants can burn up to 475 calories.

Low Impact: A strong cardiovascular workout minimizing lower body impact followed by a short muscle toning segment.

***Meditation:** This class combines gentle postures and breathing techniques to progressively open the body's energy channels, activating and strengthening the flow of chi throughout the entire body.

***Pilates:** The Pilates method works by building strength from the abdominal and core muscles to rebalance the body and bring it into correct postural alignment.

Power Sculpting: A very intense, high energy muscular strength and endurance workout using free weights.

***Premiere Hatha Yoga:** Create a sense of well-being and strength through a series of gentle postures, stretches, breathing techniques and relaxation.

Step: An upbeat, energetic class which focuses on utilizing an adjustable step. A dynamic, non-stop workout designed to give EVERY participant a cardiovascular challenge.

Strength Conditioning: An intense strength training class to enhance definition and endurance in the major muscle groups.

***Thai Kickboxing:** The details of kickboxing stances, movement, defense and blocking, punching, elbow and knee strikes, kicking, and practical combinations will be covered. Includes shadowboxing, pad striking, and partner drills.

Total Body Workout: Shape and tone your body with an EXTREME total-body workout. This no-nonsense strength training class is for men and women who want to get stronger, look better, and feel healthier!

***Vinyasa Yoga:** Various versions of sun salutations, standing and seated postures will be explored with emphasis on building strength and flexibility, bringing more awareness and focused attention to the breath, and learning how to relax the mind & body.

***Zumba:** A dance fitness class that incorporates Latin and International music including salsa, meringue rock and hip hop with dance movements.

*Extra fee sessions. Look in the R&W newsletter or on the web <http://www.recgov.org/fitness> for upcoming classes!