

# 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:**

**\*Resolution** This training program is for beginning and intermediate level exercises interested in getting into shape or staying in shape. The program involves cardio, strength and flexibility training.

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

**\*Boxing & Balancing Conditioning:** This class will help you start your morning off right with an energy boost. This class will work on balance and stability using the Bosu / Balance Trainer and incorporate weight training giving you a complete workout before your boss comes in.

**\*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.

**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.

**\*Modern Dance Class:** Join Donna Gangloff for a modern dance class. This class will introduce basic movement concepts of modern dance, sometimes referred to as contemporary dance. Participants will develop an awareness of alignment, centering, breath, space, and dynamics. We will begin with floor work, progress to standing and finish with traveling across the floor. Come experience the joy of movement in a fun and supportive atmosphere.

**\*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.

**\*Salsa Dance Class:** Salsa dancing mixes African and European dance influences through the music and dance fusions that are the roots of Salsa. This popular dance style is a mix of many different rhythms. Many of the patterns are closely related to the Mambo & Cha-cha.

**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:** Kwame's teaching style is influenced by Ashtanga, Kripalau, Desakachar and his flow is geared to gently detoxify the mind, body and spirit with poses that encourage the participant to progress at their own pace. The participant is guided to attune their body intelligence via pranayama (breath work) in order to access ease on and off the mat. All levels are welcome.

**Women's Fitness Circuit:** The circuits will give you a total body strengthening session while you listen to great jams to keep you going. The circuit will include strength, cardio and balancing training using free weights, cable machines, bosu, stability ball, and cardio machines.

**Zumba Dance Party:** The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

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