

Group Fitness Class Descriptions

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

***Body Transformer Fitness:** Body strengthening and toning class. Class begins with a warm up to wake up your body. Using resistance bands and body weight, exercises are performed to work the major muscles of your body. These exercises challenge you to work to tone your arms, core, buttocks, and legs. Balance and coordination exercises will be performed to help work the smaller muscles. All of these exercises work together to give you the opportunity to transform your body! Participants are welcome to bring their own weights.

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 step & weights to keep your heart rate up & your muscles challenged.

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 strength.

Line Dancing: It's so much fun and no partner necessary; just bring your socks, water, and a towel. You'll learn the Chinese Checkers, Casper Slide, Cupid Shuffle, Homey Twist and more to Old School and New School R&B.

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

***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: High energy muscular strength and endurance workout using free weights. Suitable for all levels.

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

***Spinning:** This class provides a fun and challenging cardiovascular workout for all fitness levels. Participation in the Spinning program will enhance your speed, strength and stamina, improve your overall physical health and increase your caloric burn. This class will consist of a warm-up, up-tempo cadences, sprints, climbs and a cool down followed by 10 minutes of core work to strengthen your abs and back and then a few stretching exercises.

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!

W.O.W (Women on Weights): 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®: A Latin music based dance and fitness class - at a pace where both the novice and most experienced dance enthusiasts can enjoy. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Never danced? No rhythm? No worries! Come for the fun – we'll help you with the rest.

***Extra fee sessions.**