

GROUP FITNESS CLASS DESCRIPTIONS

BARRE: Exercises done at the ballet barre with elements of Pilates, Yoga, and Ballet moves that will give you sculpted and lean muscles. Barre will be incorporated into many types of classes. (all levels)

BARRE ABOVE: Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above™ delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape. (all levels)

B.E.A.M.: A class designed to improve balance, endurance, agility and mobility through Pilates based movements. This class is a step up above SilverSneakers. (all levels)

CARDIO COMBAT: A high energy workout that tones the muscles through aggressive kick boxing and intense cardio moves. (Intermediate to advance)

CARDIO PUMP: Power Pump done with lighter weights using a variety of basic and continual cardio moves. (all levels)

CYCLING: Instructor led indoor cycling. No complicated moves to learn, no competition, and music that will beg your legs to pedal. (all levels)

DRUMS ALIVE®: Discover the drummer in you! Drums Alive combines movement with the powerful beat and rhythms of drumming for an amazing brain and body workout. We provide you with a drum (a large stability ball on risers) and drumsticks. (all levels)

Don't Step On It!: This class uses one piece of equipment – the step. Learn how the step can be utilized differently without ever stepping on it. Experience the step in unconventional ways that are still effective. (all levels)

EveryBODY Dance: A basic, low impact, high intensity dance class that will leave you feeling good! A variety of dance styles in a cardio format. (all levels)

HURRICANE EXPRESS: 40 minutes of a total body workout utilizing resistance and cardio training, which combines intervals, power and endurance to help tone your body. (all levels)

PILATES: Pilates is a series of movements that may be done standing and/or on the mat. This blends isometrics, dance, and yoga to improve strength, balance, and stability. (all levels)

Pilates STRONG: a progressive and modern Pilates that will leave you wanting more! This class is designed to lengthen the muscles by using a series of progressive movements throughout all three planes of motion. A variety of tools may be implemented but are always optional. (all levels)

POWER PUMP: This class brings the weight room into group fitness. This total body workout will build muscle tone, definition, strength, and endurance. (all levels)

RESTORATIVE STRETCH: Revitalize your body by stretching all your major muscle groups. This class increases flexibility and joint mobility and will leave your body feeling totally relaxed. (all levels)

Roll & Release: This recovery style class incorporates a foam roller to increase flexibility, decrease muscle soreness, & increase range of motion. Participants will move through a series of self-myofascial release techniques while incorporating light stretching. Limited number of foam rollers available, members are encouraged to bring their own. (all levels)

«SCULPT FUSION»: This class is a blend of modern sculpting techniques using various tools. This class will make you walk away feeling stronger! (all levels)

SILVERSNEAKERS®CARDIO CIRCUIT: Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching and relaxation exercises. (senior intermediate)

SILVERSNEAKERS®CLASSIC: Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand- held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated or standing support. (senior beginner to intermediate)

SILVERSNEAKERS®YOGA: Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. (beginner)

STEP FUSION: Burn off calories in this fun filled workout that combines segments of step aerobics, HIIT & Dance. (all levels)

STEP & HIIT: This class blends step choreography with short bouts of high intensity interval training. This one is sure to get your heart pumping! (intermediate to advanced)

TABATA: This class is 20 minutes of cardio, 20 minutes of strength and 10 minutes of Core. These segments will be performed in 20/10 second intervals. (intermediate to advanced)

YOGA: Yoga-based postures are used to remove tension in the musculoskeletal system. Breathe, stretch, lengthen, and tone your muscles. (all levels)

VINYASA YOGA: A series of poses that will move you through the power of inhaling and exhaling - move to the flow. Sun Salutations are used. (all levels)

ZUMBA®: Dance your way to a fitter you! This class combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. This high calorie burning dance fitness party is perfect for everyone and will have you sweating! (all levels)

If you are interested in learning the basics of these classes before you get started, please contact Sarah Jones, Group Fitness Director, and set up a training time! 479-968-7979

*Revised: 1/2019