

## **CLASS DESCRIPTIONS**

### **Ab Lab**

Come and feel the “burn” of your abs!

### **Ab Lab & Stretch**

30 minutes to focus on strengthening and tightening your core muscles and stretch out after all your hard work! Enjoy...

### **Aquabata**

High Intensity Interval (HITT) training performed in the pool. Cycles of intense bursts of activity followed by a fixed period of active recovery. There is minimal choreography, but maximum results!

### **Aqua Combo**

It's time to cross train during your aqua workout! This high intensity interval training class will include a combination of cardio and conditioning exercises. Aquabata, aquabox, aqua bootcamp, hydro weights, cardio/weight intervals, ultimate, and cardio dance are some of the formats that may be included. The class will be taught from the shallow end of the pool but is easily adaptable to participants that prefer a deep water workout.

### **Balletone™ Express**

A fusion-style conditioning program, designed specifically for the non-dancer, blending training techniques drawn from dance, Pilates and fitness. This 30 minute class offers a fun, invigorating workout to develop core strength, muscular endurance, dynamic balance and flexibility without use of equipment. Participants leave Balletone® lengthened, strengthened, and energized from head to toe

### **Body Blast**

A group strength training program with bursts of cardio in between your strength training sets! YOU LEAVE THIS CLASS KNOWING YOU HAVE WORKED EVERY MAJOR MUSCLE GROUP IN YOUR BODY - AND GOT YOUR CARDIO IN, TOO!

### **Butts & Guts**

Work your hips, thighs and butts and your core muscles all during this 45 minute toning workout! The focus is on your lower body including standing abdominal work. Plus you will use balance and stability to tone and strengthen.

### **Cardio Kick**

In this class, you will practice a combination for a few minutes, speed up the tempo and then slow back down to learn a new pattern. A total-body workout, you'll shape your upper body with jabs and punches as you work your legs and buttocks with a variety of kicks.

### **Define It! Upper Body Toning**

30 minutes of intense upper body sculpting!! Shoulders, Back, Biceps, Triceps, and more!!

### **Deep H2O**

The aqua aerobics class that uses deep water for more resistance and less stress on your joints.

### **Family WERQ®**

WERQ is a fun dance fitness workout fusing today's hottest pop, rock, and hip hop music with easy dance routines designed to burn calories and have fun! Family WERQ gives families the chance to move and groove together with easy to follow moves set to family appropriate music and at a slower pace so everyone can participate. This class is appropriate for everyone! Children and families with special needs are encouraged to attend. You don't have to be a dancer to WERQ it!

### **Fine Toning**

Light weights/more reps to tone every muscle (with emphasis on the muscles of the upper body)! Ab Lab included! EXPRESS = 30 minutes.

### **Fit4Life for Seniors**

It's never too late to start exercising! Fit4Life is a great way for seniors to get started or to discover new ways to be challenged with strength training. The exercises focus on building total body strength with an emphasis on improving balance, stability, and flexibility. The benefits of strength training include improved bone density, increased balance, and total body strength, which all contribute to greater ease in performing everyday tasks and greater overall quality of life! Taught by a certified personal trainer who will carefully monitor your form, progress and safety.

### **Hips, Buns & Thighs**

Come and feel the "burn" of your hips, buns, and thighs! Lower body total toning class from the hips down.

### **HITT It!**

HITT It! - High Intensity Cardio Training - is interval training at its best! You will alternate short periods of high intensity exercise with less intense recovery periods. These short, intense workouts provide improved athletic capacity and conditioning to improve your metabolism and burn fat!

### **Insanity®**

Insanity is a revolutionary cardio-based total-body conditioning program that incorporates high intensity, anaerobic interval training with athletic drills. This 50-minute program is designed for various fitness levels. You are guaranteed a high caloric burn and cardiovascular fitness gains!

### **Insanity®/Pilates Mat Combo**

Get a total body workout... increase your heart rate, burn tons of calories then tone and stretch! Insanity is an intense cardio workout to get your blood moving with fast paced interval training. Then finish with Pilates to gain more flexibility, better posture and tighter abdominal muscles. The class is 30 minutes of each format.

### **Killer Bs**

Killer Bs is a 60 minute combo class that uniquely **B**lends **B**oxing (no experience needed) with **B**arre (**B**allet) - think '**B**allerina' meets 'Fight Club'. Each class is **B**lended differently and all include the components of **B**oxing, **B**arre, **B**elow the **B**elt, (exercises from the waist down), **B**ack to **B**asics (basic exercises for biceps, triceps, shoulders, etc.), **B**alance, and **B**elly & **B**ack (abs/torso). All fitness levels welcome as options will be shown with each exercise.

### **Minute to Win it!**

You can do anything for a minute! Complete each exercise for 60 seconds and move on to the next, no biggie. A simple, non-threatening, super-efficient, 30-minute exercise class like no other, combining cardio, muscular work, and core strength. All fitness levels, women and men alike, will find this strength endurance at its best!

### **Muscle Mix**

Muscle Mix is a Group Strength Training class designed to work every major muscle group. Each instructor will lead you through a balanced workout that they have created.

### **Old Skool™ Dance Cardio**

Old Skool is Dance Cardio that ROCKS. Fly dance moves and all your favorite chart topping pop and hip hop beats from decades past combine with serious fitness in the freshest throwback cardio dance class on the planet.

### **Pilates Mat**

Pilates is an exercise program that works every muscle in the body in an aware, efficient manner. It is a series of exercises that involve more fluid movements. The benefits of Pilates-based mat exercises are increased overall flexibility, improved posture, and tighter and flatter abdominals!

### **Pilates Express**

30 minute version of Pilates Mat.

### **Pilates/Yoga**

A wonderful, flowing combination of Yoga for stretching, and Pilates for strengthening.

### **PiYo™ Live**

Get ultra-lean and intensely defined with PiYo, a combination of Pilates and yoga-inspired moves, set to a faster pace for serious fat burn – and fun! Improve your balance and core power with muscle-sculpting, core-firming Pilates moves and with the strength and flexibility of flowing yoga movements. You'll experience hardcore results from this low-impact, high octane workout!

### **Power Pilates**

Strengthen and tone with a class focused on strength training and Pilates. You will tone and build muscle with 30 minutes of weight resistance training, plus 30 minutes of Pilates will activate your core muscles and stretch out your entire body!

### **R.I.P.P.E.D.™**

This One Stop Body Shock™ format is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is plateau proof because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. Thus, regular R.I.P.P.E.D. participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes. This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D. - Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. The deliberate combination of the R.I.P.P.E.D. elements and how they are precisely organized in the R.I.P.P.E.D. class format provide the basis for the One Stop Body Shock System, by stimulating both, different energy systems and muscles in each workout segment, changing the focus and activities every 6 to 9 minutes. Along with driving, motivating music, participants jam through R.I.P.P.E.D. with smiles, determination and strength. No boredom here, for all levels, R.I.P.P.E.D. is effective, it's tough yet doable; R.I.P.P.E.D. will absolutely challenge your levels of fitness and endurance!

### **Spinning®**

45-minute class designed for people at all levels of cycling, Spinning is the original and worldwide leader in indoor cycling programs. The Spinning program and the Spinning bikes are based on real road cycling and cutting-edge training principles. All members must attend a free Spinning workshop before attending a Spinning class. Please register for workshops at the front desk.

### **Spin Hour of Power**

A one hour class designed for people at all levels. The Spinning program and the Spinning bikes are based on real road cycling and cutting-edge training principles. All members must attend a free Spinning workshop before attending a Spinning class. Please register for workshops at the front desk.

### **Spirit Ride**

This 45 minute family friendly spin class will encourage and energize you while cycling through hills, valleys and jumps! Guaranteed to give you a good workout and great motivational start to your day!

### **Strength & Stretch**

Strength & Stretch is 30 minutes of muscle work and relaxation! First, you will tone and strengthen your muscles with light weights or bands. Then you will give your muscles and body the proper stretch it deserves. This class is perfect for beginners and seniors, but can be modified to any fitness level.

### **Step & Tone**

30 minutes of well-choreographed cardio on the step, plus 30 minutes of strengthening all your major muscle groups. Get it done!

### **Stronger**

Get a total body muscular workout during this 60 minute choreographed class! Every time you experience Stronger you will work the same muscles with the same exercises. Routines will last for a 6 week period to see maximum results. Everything from the top of your body to the bottom will feel the Stronger!

### **Tabata**

Experience a high intensity fat burning cardio workout in just 30 minutes with Tabata! Four minute rounds of two exercises with 20 seconds of work and 10 seconds of rest will give you a great cardiovascular workout in a short period of time. Mix up your current routine with Tabata!

### **Total Body Knockout**

Get your total body workout in this one 75 minute combo class! Kickboxing and strength training, plus core work and stretching will work all your muscle groups, plus energize you for the day!

### **TurboKick®**

Burn calories and blast fat! Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! The unique Turbo Kick® movement patterns, combinations and techniques work together to give YOU the ultimate cardiovascular workout that will melt fat and reshape your body! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down designed to maximize weight loss!

### **Ultimate H2O**

An intense session in the water using easy to learn choreographed routines by qualified instructors who want you to have a "splash" while you workout.

### **WERQ®**

This fiercely fun new dance fitness workout fusing today's hottest pop, rock, and hip hop music with easy dance routines designed for torching calories! You don't have to be a dancer to participate. "WERQ" is a dance term meaning "to absolutely nail it with dominance and confidence". You can werq a runway, werq a dance floor, and now WERQ a fitness class. Are you ready to WERQ?

### **Yoga**

A gentle and relaxing style of Yoga that focuses on the third stage or Asana (posture). Postures are used primarily as a way to help clear the mind and energize the body. Class participants can improve their health while learning to enjoy complete equilibrium of the body, mind, and spirit.

### **Yoga Rocks!**

Lets's face it yoga does absolutely ROCK!!! This class is designed to improve the health and mental acuity of athletes or individuals interested in improving their fitness level. This vinyasa inspired class is designed to make you sweat, take off unwanted pounds and burn away toxins. Yoga Rocks is a dynamic series of sequenced postures that seamlessly "flow" together. If you're looking for a fun-loving and energetic class, this is where you belong.

### **Yoga Rocks! Bootcamp**

Yoga + bootcamp=WHAT? This class takes it to the next level. Loud, fast paced music with a vinyasa inspired class. Poses flow together in a creative and fun way with a good dose of push-ups, squats, plank-jacks and oh yeah kickboxing. Come and check it out and be prepared to push yourself!

## **ZUMBA®**

This class combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind. ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

## **ZUMBA® Gold**

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

## **ZUMBA® Step**

Take lower body workouts and calorie burning to new heights with Zumba® Step, the newest Zumba® program. Tone and strengthen glutes and legs with a gravity-defying blend of Zumba routines and step aerobics. Bring your students maximum results without losing the easy-to-follow fitness-party!