

Group Exercise Class Descriptions

AWESOME ARMS 30 minutes/ quick, intense shoulder and arm workout with extra attention to those troubled triceps!

ATHLETIC CONDITIONING Getting ready for sports or not use this class to get 'athlete fit'! This class that combines plyometrics, agility, strength training and endurance to prepare you for the sport called life!

BABY BOOMER PLUS FITNESS 60 minute toning, strengthening and stretching workout. Improve your balance, flexibility and strength while listening to some great music and having fun!

BALL CONDITIONING This class uses the ball to strengthen & stretch your entire body while improving your balance and core fitness.

CARDIO CRAZE COMBO This class has it all; floor cardio, speed drills, step drills with muscle conditioning for a top-notch cardio and muscle workout!

CARDIO EXPRESS 30 minutes combo of step and floor aerobics!

CARIBBEAN RHYTHM Have fun, move to the rhythm of the music while toning and sculpting with light weights and get a total body workout!

CHISEL'N SCULPT A combination class; muscle conditioning exercises with cardio bursts in between major muscle groups maintaining heart rate in the fat burning zone while building muscle!

DIAMOND FIT This boot camp style class includes intense cardio, plyometrics, strength training, and a challenging core/abs routine for a great upper and lower body workout to help get you....Diamond Fit!

DRUMS ALIVE® The most unique and different workout from every other you've tried before; it captures the essence of movement, rhythm and combines it with fun and delivers real fitness results! The choreographies are designed to burn fat, improve physical and mental fitness and above all, be fun! **Drums Alive®** is full of powerful and motivating music and drumming rhythms that will get your feet stomping and your body moving. Finish with 15 minutes of muscle!

HOOPILATES combines traditional strengthening Pilates movements with the fun cardio elements of hoop dancing. There are both standing and seated exercises, arm and waist hooping intervals, tricks and stretching. This is definitely not a boring workout; as a matter of fact you probably won't even realize you are working out.

MUSCLE PUMP This dumbbell class challenges all your major muscle groups by using the best strength training exercises: lunges, squats, presses, lifts, extensions and curls to increase your metabolism and get the degree of muscle definition you're looking for!

PILATES Workout is based upon strengthening the "core" muscles of the body while increasing flexibility and mobility in the legs, arms and supporting muscle groups.

SO YOU THINK YOU CAN DANCE An easy to follow, heart pumping aerobic dance class, combining elements of Latin, Hip Hop, Belly Dancing and other dance styles. No dance experience necessary, just the enthusiasm to have fun and move to the music.

SPINNING A simulated cycling journey set to music and guided imagery. Class begins with bike set-up, so please arrive on time!

STEP CIRCUIT Intervals of step training and muscle conditioning, great total body workout and fat burning.

STEP & CORE A great fat burning workout while increasing your cardiovascular endurance. Tone your lower body with high intensity low impact moves. Finish with 15 minutes of abs/core.

SUPER SCULPT Define & Refine! Toning and strengthening utilizing resistance bands, weights, tubing, ball, Body Bar and steps. Strength training is critical to building bone density and great muscle tone.

TURBO KICK® You'll kick, punch, and groove your way to a brand new body in this action-packed, super fun, super safe and effective cardiovascular workout. This addictive workout combines shadow boxing, kickboxing, sports drills, in a party atmosphere where losing weight is the side effect of having FUN! **Turbo Kick®** is an interval based class that allows participants of any fitness level to participate and custom tailor their workouts.

YOGA This practice will emphasize alignment and extension, awareness of the body postures, breathing techniques and brief meditation. Styles include. Hatha, Yin and Classical.

ZUMBA® is a fusion of Latin dance and music, borrowing rhythms from global dances such as samba, tango, Meringue, salsa, cha cha, belly dancing and hip hop. A ton of fun and a superior calorie-burner!

20-20-20 This class will energize you! A simple to follow 3-in-1 workout offering 20 minute combinations of aerobics, muscle conditioning and abdominal/core exercises.