

## **Group Fitness Center Class Description**

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### **PowerFlex**

Fast paced and fun, this resistance-training workout focuses on strengthening legs, chest, triceps, back, biceps, shoulders and abdomen to achieve a more toned appearance.

### **Body Sculpt**

This class uses a variety of equipment (dumbbells, physioballs, medicine balls, and bodyweight) to strengthen muscles from head to toe.

### **Muscle Tone**

Total Body resistance training that incorporates multi-muscle movements to sculpt, strengthen and shape the body.

### **Step Aerobics**

Burn calories while having a lot of fun! Aerobic exercise using a step bench burns calories through fast-paced directed moves on and off a platform to a musical beat.

### **Zumba Sculpt**

Have fun and burn calories at the same time! This class features aerobic/fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body. This class is designed for inexperienced and experienced dancers.

### **Abs Crunch**

Blast your core into shape using a variety of equipment...this is the ultimate core challenge.

### **Abs Blast**

Helps to develop, strengthen, and condition abdominal muscles effectively through a wide variety of core exercises.

### **Pilates**

Develop a stronger core with this challenging class. With modifications to all poses, this is the perfect class for all levels that are looking to increase flexibility, improve muscle symmetry, and create a tight, toned body.

### **YogaLates**

A dynamic combination of Hatha yoga and Pilates to build strength, increase flexibility and reduce stress.

### **Gentle Yoga**

Gentle, slow paced flow, along with basic breathing techniques to create balance and awareness. For the beginning and returning student.

### **Intermediate Yoga Flow**

Intermediate Yoga Flow classes will combine a variety of Hatha Yoga asanas (postures) and complex flowing sequences designed to condition the major joints and muscle groups. Deep abdominal breathing along with other types of breath work will be practiced. In addition to developing strength and flexibility, this class will also build stamina. Each class period will start with basic postures and sequences to thoroughly warm the muscles and move towards intermediate ones including inversions, advanced balancing and back bending poses.

### **Vinyasa Power Yoga**

Vinyasa Power Yoga classes are energetic, flowing classes that focus synchronizing breath with movement. This class builds strength, flexibility, and concentration. The Yoga postures are linked by vinyasa. The term "vinyasa" is a Sanskrit word used to define the sequence in the sun salutation series of... chaturanga, up dog, and down dog, all linked to breath. This sequence builds upper body strength and heat in the body, while stretching the legs and relaxing the spine. It also cleanses the body and calms the mind. You can always expect a great cardiovascular and strength building workout combined with breath work (pranayama).

### **Core Yoga**

Core Yoga classes fuse the energy and movement of a Yoga class with the core stabilizing and regenerative dynamics of Pilates mat work. Attention is paid to building strength and endurance in the body's abdominal muscles which promotes body awareness, protects the back and develops better posture. Core Yoga classes are excellent for strengthening, lengthening and balancing the muscles in the body. Core Yoga mat work will tone your entire body by using your own body weight and gravity.

### **Cardio Kick**

This cardio workout combines the elements of boxing and kickboxing. Kicks and punches are arranged in sequences to create challenging and fun combinations.

### **Step-n-Sculpt**

A high/low, interval cardio and strength training workout utilizing the step, free weights and body bar. Appropriate for all levels.