



## Group Exercise Class Descriptions

**New! Cardio Blast:** A circuit/interval style of class designed to keep your cardio routine fresh and exciting. Drills, benches, music, intervals, weights, bands, and fun make this class challenging for all levels.

**Cardio Kick:** A fast-paced use of kicks, punches and blocks that work the heart and sculpt the body. Kick and punch your way through an exhilarating “knockout” session.

**Cardio Sculpt:** Utilizes free weights, the step, resistance tubing and the body to strengthen and tone while burning calories aerobically in this faster-paced sculpting class.

**Circuit Express:** A fast and efficient workout using a combination of tools and intervals to improve cardiovascular endurance while building strength.

**Core Conditioning:** One hour of intense abdominal conditioning using pilates moves, stability balls, weights, and bands for an all-over toning experience.

**Cycling:** An indoor group class set to invigorating music for lower body resistance training and cardiovascular challenge.

**Dance X:** Old school aerobics is given a new twist in this dance exercise class. Hip music, catchy routines that are easy to follow and fantastic fun combine in this creative cardio class.

**New! Family Fitness:** Kids 8 and up with an adult can do this adventurous, invigorating and fun class with unique circuits, drills, sprints, weights, toning, and games designed with all types of kids in mind, from fitness beginners to athletic cross-training. It’s like recess!

**Muscle Conditioning:** This fitness class for all levels works on toning, defining and strengthening muscles while boosting the heart’s efficiency.

**Pilates:** Pilates is a method of toning and strengthening the core muscles without adding bulk. It is done primarily on the floor and focuses on the abdominals, glutes and thigh muscles in a flowing format. Pilates offers a progressive workout for beginners to elite athletes.

**Step:** Using a bench to add more intensity and cardiovascular challenge, step aerobics offers an incredible workout that is fun to learn. **Basic step** has simpler footwork for those just learning or those who want a more athletic class. The **Abs** class is 15 minutes of core work prior to step.

**TBC (Total Body Conditioning):** A challenging class designed to work all muscle groups using a variety of formats including weights, the step, tubing and bands. Aerobics and muscle endurance for an intense multi-purpose workout.

**Yoga (Beginning to Intermediate):** Yoga combines strength, flexibility and balance. It is a physical workout for the entire body with the bonus of stress reduction and relaxation. Yoga benefits the mind, body and spirit! **Beg Power Yoga:** Poses flow in a faster pace.

**Zumba:** An aerobic, hypnotic, fast-paced dance class with awesome music designed with simple moves and plenty of energy. Everyone welcome. Join the party! **Zumba Gold** is for beginners and seniors to experience the fun at a simpler, slower pace.

**NEW! ZumbAtomic- Zumba 4 Tweens** is a wonderful class designed especially for kids 8-13 to dance, move, play, gain confidence, make friends and discover the fun in exercise.