

## GROUP EXERCISE CLASS DESCRIPTIONS

**Aquacise:** Is a multi-level pool workout that offers both cardiovascular, muscle conditioning using dumbbells, abdominals, and range of motion with balance work. Men and women of all ages are welcomed. No swimming skills required.

**Aqua Zumba:** Easy to follow dance steps to the tune of Latin music – in the Water! No swimming required. Good for all levels of fitness.

**Boot Camp:** Drop and give me 20! Class utilizes challenging segments of cardiovascular work, muscle conditioning and other drills—just like in the Army!

**Box & Burn:** This boxing class will work your whole body and mind. Our boxing trainer will lead you through rounds of different punches and combos. Class will use the speed bag, heavy rope and bag. A full body cardio and strength training workout that delivers a punch.

**Cardio Sculpt:** A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a complete workout. This class may use TRX and Kettlebells

**Cycling:** Indoor Cycling is a group exercise class done on stationary bikes with gears and RPM's. During the class the instructor simulates a ride. Together, you travel on flat roads, climb hills, sprint and race! It is truly a fantastic cardiovascular class.

**Explore the Barre/Pilates:** Barre-based classes use a combination of postures inspired by ballet and other disciplines like Yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. May incorporate light weights and mats for targeted core work.

**Gentle Yoga/Restorative:** It is the centering of your breath and body - aligning the physical and mental by practicing stillness or *gentle* movement for extended periods of time. The props assist in helping you to hold poses longer and deepen the stretch

**Get Started:** Just starting out? Unfamiliar with classes? This class is for you! Easy to follow, low impact aerobics with weight or resistance training and never getting down on the ground. Great music, great fun. Suitable for entry-level workouts and Age 50+ members.

**HIIT:** Benefits from this class will help increase your core strength, burn calories, H.I.I.T (High Intensity Interval Training) is the rage right now and for good reason.

**Mat Pilates:** A highly effective way to learn the fundamentals of strength, posture, vitality and natural grace. The new craze in movement therapies, Pilates teaches the body to stabilize, move and breathe in a whole new way.

**Paddleboard:** Since the platform is unstable, participants naturally engage their core to retain balance during the workout. HIIT the Board. Cardio, Yoga, Pilates and toning all on the board in the WATER.

**Power Sculpt:** Class combines fat burning cardio mixes with resistance or weight training and abdominal toning for a total workout.

**Rock Steady Boxing for Parkinson:** These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier and happier life. Boxers condition for optimal agility, speed, muscular endurance, accuracy, balance, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. At Rock Steady the opponent is Parkinson's disease.

**Step and Sculpt:** A total body workout! Class starts with high intensity stepping followed by body sculpting and a cool down.

**Total Body Works:** A combination of cardio and strength training ending with an abdominal routine and great stretches to leave you feeling long and lean.

**TRX TRAINING & Kettlebells:** Born in the Navy seals, TRX/Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. Kettlebells training will build long lean muscles, improve strength and power in the upper body, core and lower body and increase coordination, joint mobility and overall endurance.

**Ultimate Fusion:** A blend of cardio, strength and Core/Pilates. The 1<sup>st</sup> of the month it will be Barre Pilates. [May also use TRX's](#)

**Yoga:** A body/mind adventure incorporating asanas, breathing and mindfulness for a complete Yoga experience. Sculpt a leaner, stronger body while releasing tightness and fatigue.

**Water Bootcamp:** No, it's not basic training. Challenge yourself with this fast-paced, calorie blasting workout, using traditional BOOT CAMP style. Good for all levels.

**Zumba:** Latin Favor Dance Workout! Easy to follow dance steps to the tune of Latin music. Routines feature aerobic/fitness training with a combination of fast and slow rhythms that tone and sculpt the body. And, it's just so much fun!

**For Group Exercise Schedule beginning 9/10/19**