

## **GROUP FITNESS CLASS DESCRIPTIONS**

### **ZUMBA**

A dance based fitness class. Workout to a blend of Latin music which is combined with the traditional cumbia, salsa, samba & meringue.

### **ZUMBA TONING**

The wonderful dance fitness of Zumba with light hand weights to build tone and strength.

### **CIZE DANCE**

Move to the beat. The routines are broken down, step-by-step, move-by-move, and built into a full dance workout. Master the moves while burning fat and calories.

### **COUNTRY HEAT**

A high-energy, low-impact, country dance-inspired fitness program that so totally fires up the fun—you won't even feel like you're working out!

### **STEP & SCULPT**

Beginning to Moderate Step aerobics moves incorporated with weights and strength moves make this class exciting and challenging for all fitness levels.

### **DANCE/U-JAM FITNESS**

**Dance:** Utilizing all sorts of dance combinations and moves to top charting songs all the while getting a great cardio workout. **U-Jam:** A dance class that combines cardio fitness with urban dance moves and music.

### **HOT HULA**

A fun fitness workout which isolates all the major muscle groups. It incorporates traditional Polynesian dance moves with sounds of drums, reggae, hip hop and modern songs.

### **HULA FITNESS**

Traditional Polynesian dance moves paired with traditional Polynesian inspired dance music. Learn the story and the music to the moves you perform.

### **FUMANET**

A "high stepping", slow walking program, geared towards seniors, that involves the learning of step patterns along with clapping and signing simultaneously in a rhythmic motion in order to improve "working memory" - the executive function of the brain.

### **FOREVER FIT**

Designed for active older adults to have fun while learning how to use a variety of fitness equipment. Helps build strength, balance, and flexibility and decreases body fat.

### **STABILITY BALL**

Movement, strength work and stretches based around the use of a Stability Ball. The ball adds the extra element of core strength and balance in order to perform an exercise. This turns a simple exercise into a full body workout.

### **PILATES & PILATES W/ WEIGHTS**

Emphasizes your core, lower back, inner & outer thighs. Develops flexibility, strength, muscular endurance, coordination, and balance.

### **PIYO**

A blend of Pilates and Yoga. PiYo is designed to build strength and gain flexibility. It's about energy, power, rhythm, increased overall core strength and greater stability.

### **LOW IMPACT FITNESS**

Low impact cardio movement, strength, balance and core exercises to work the entire body. Perfect for any age level.

### **MOSTLY STRETCH**

Undo muscle tightness and tension with stretching,

## **YOGAS**

**BEGINNING & GENTLE YOGA:** Both classes are designed for those who are new to the practice of yoga or have injuries. These classes increase flexibility.

**MIXED LEVEL YOGA:** This class accommodates all levels of experience, from beginners to pros, by working on a balance between strength and flexibility while building endurance and improving your breathing and posture.

**INTEGRAL YOGA:** Integral yoga is an individual transformation. You will work your inner awareness and the breath. Core poses strengthen and tone the body.

**HATHA YOGA:** Concentrating on physical health and mental well-being using bodily postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

**PAU HANA YOGA:** A Hatha Yoga based format that adapts to the students wants and needs for the day. An Aloha Friday The practice moves through power, restorative, breath, deep relaxation and meditation.

**FLOW YOGA:** A Vinyasa based yoga that focuses on breath & synchronized movement. Poses will flow from one to another in union with the breath.

**YOGA SHAPE:** Intermediate level yoga incorporating fat-burning cardiovascular movement, therapeutics, flow yoga, and back body muscle building.

**CHI GUNG:** A holistic system of coordinated body posture and movement, breathing, and meditation used for health, spirituality, and martial arts training.

**TAI CHI:** A traditional and ancient martial art, used to improve balance, coordination, rhythmic breathing, mental concentration and confidence. It is practiced for the enhancement of mind, body, and spirit.

**YIN YOGA:** A more meditative approach with a physical focus by holding the poses a longer period of time to access the connective tissue and fascia. As one ages flexibility in the joints decreases and this is a wonderful way to maintain that flexibility.

### **TRX TRAINING/BOOT CAMP**

A form of suspension training that uses the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to develop strength, balance, flexibility and core stability simultaneously.

### **BOOTCAMP**

A rigorous circuit class designed to incorporate kickboxing, plyometric exercises, strength and cardio.

### **R.I.P.P.E.D.**

Resistance-Intervals-Power-Plyometric-Endurance-Diet A pre-choreographed workout incorporating cardio, weights, kickboxing and core. Instructors show levels of modifications. Motivating music !! For all fitness levels.

### **TURBO KICK**

Cardio kickboxing is a combination of aerobics, boxing, and martial arts. Punch, kick, and block your way through a fun and challenging cardiovascular workout.

### **STRENGTH & TONE**

A small amount of lo impact cardio but, Focuses on muscular endurance utilizing your own body weight, dumbbells, tubing bands and strength work. Moves can be modified for all fitness levels.

### **CORE DE FORCE**

Workouts are broken into 3-minute "rounds"—just like a real boxing match. For 3 minutes, you'll attack Boxing, Kickboxing, and Muay Thai combinations. Bodyweight moves. And a fat-blasting cardio spike in every round.

### **P90X STRENGTH**