

## 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.

### PILATES

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, breathing, bands, rolling and working through poses. It is not only important to be strong, but flexible as well for health and longevity.

### P90X STRENGTH

This class combines a variety of exercise techniques, including strength training, cardio, yoga, plyometrics, and 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 student's 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.

**TRX YOGA:** Yoga poses using the TRX suspension training format. Options will be given to do yoga poses with and without the TRX suspension trainer. Fun music, deeper stretch and core engaging workout. Limited space, reservation needed day before class.

**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. Limited space, reservation needed day before class.

### 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 low 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.