

# GROUP EXERCISE CLASS DESCRIPTIONS

## LOW IMPACT

**DANCE COMBO:** Come enjoy dancing to up-beat music, while learning body awareness, coordination, rhythm, and stylized jazz and line dance.

**HULA HOOP:** Open to all who have hula hooped, those who want to learn or those who just want to have fun! All abilities and levels are welcome.

**LINE DANCE:** Enjoy fun exercising to up-beat music while learning coordination and rhythm through the latest popular, classic and country line dancing.

**SCULPT & TONE:** A fun, energetic, workout that fuses techniques from Pilates, and yoga to tone, define and chisel the whole body. Sculpt & Tone is the perfect combination of strength and flexibility with an added cardiovascular element.

**SILVER SNEAKER® CIRCUIT:** A class consisting of standing low-impact choreography alternating with standing upper body work using hand held weights, elastic tubing and balls.

**SILVER SNEAKER® CLASSIC:** Increase muscular strength, range of movement and activity for daily living skills in this class. Hand held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance, with the use of a chair if necessary.

**SPINNERCISE:** A no-impact cardiovascular workout, led by a motivating instructor, who has a unique musical playlist to burn your calories away.

## MIND AND BODY

**CHAIR YOGA:** An alternative to traditional yoga, Chair Yoga is a method for active older adults who want to build flexibility and balance, ease joints and relieve arthritis pain, using a chair versus a floor mat.

**DEEP STRETCH:** A great way to stretch out tired muscles from hard workouts. Deep Stretch will help you gain mobility and flexibility through functional stretching and movements.

**GENTLE YOGA:** Designed to revitalize the body, relax the mind and reduce stress, this slow moving yoga class synchronizes breathing and movements for the perfect mind and body connection.

**GENTLE FLOW YOGA :** Physical, emotional and spiritual wellness, focusing on breathing techniques, mindful meditation and gentle yoga postures.

**TAI CHI:** An ancient Chinese tradition, practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner, accompanied by deep breathing.

**YOGA FUSION :** A blend of the Vinyasa style infused with a light weight training and core work.

## CARDIO AND STRENGTH

**BODY BLASTER:** Designed for fitness enthusiasts that want more push, speed and power in a workout.

**BODY SHRED:** High intensity training with high impact cardio and agility exercises for a fun, fat burning workout.

**CARDIO BLAST:** An intense workout designed to improve athletic and aerobic capacity. Each class will include various forms of cardiovascular conditioning and core training.

**CYCLE + STRENGTH:** A 45 minute combo class, including high intensity cycling intervals and drills for 30 minutes to provide an amazing cardio workout and 7-10 minutes of total upper body or core strengthening. Dumbbells, kettlebells, weighted bars and balls are used to build strength.

**HEAT:** This class uses exercises to train everyone to perform better in sports and life. Class combines plyometric and athletic drills, sports conditioning, power and strength.

**INTERVELOCITY:** Aerobic conditioning alternated with standing, focusing on upper and lower body strength using a variety of resistance tools.

**PILATES:** With a focus on controlled breathing this method of exercise and physical movement is designed to stretch, strengthen, and balance the body.

**PUMP + TONE:** A workout centered around weight lifting for muscular endurance to sculpt a strong and toned physique.

**SPINNERCISE:** A no-impact cardiovascular workout, led by a motivating instructor, who has a unique musical playlist to burn your calories away.

**SILVER SNEAKERS BOOM MUSCLE:** Incorporates athletic exercises that boost overall fitness. Move through muscle conditioning blocks and drills to improve strength and functional skill. This is the most strenuous of the silver sneakers class.

**TOTAL STRENGTH:** This class focuses on total body conditioning using weights, tubing, body bars and stability balls.

**TABATA:** An interval training class with repeated exercise for a total of 4 minutes per exercise.

**TABATA DRILLS:** High-intensity class designed to push speed and explosion. For the fitness enthusiast who wants "more!"

**WEIGHT TRAINING COMBINE:** Combination of weight lifting and cardio using kettlebells, free weights and body-weight resistance. The focus is on proper form and mind/muscle connection for complete sculpting and fat burning.

**ZUMBA:** A fun and effective workout system combining a tough workout with a party like atmosphere. This Latin dance inspired class is an easy to follow calorie burning fitness party.

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