

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO AND STRENGTH CLASSES

**Bootcamp:** This class is for the hard core exerciser. The instructor will guide you through sports-specific exercises that will help increase endurance, speed, agility, strength, and balance.

**Box & Burn:** Class consists of basic kickboxing and sculpting intervals for a total body workout.

**Cardio & Strength:** A combination of cardio endurance exercises and strength training.

**Cardio Blast:** All cardio formats may be used: Hi/Lo, Step or Kickboxing. Strengthening exercises may also be incorporated.

**Core Strength:** This class will focus on all core muscles including abs, back, chest, and glutes using various resistance equipment including stability balls, bands, and gliders.

**Cross Training:** A 45 minute medium to high-intensity functional training routine with a focus on total body conditioning.

**Cycle:** This class is a no impact cardiovascular workout. Great for all levels of fitness. Intensity is controlled individually at each bike.

**HIIT (High Intensity Interval Training):** HIIT consists of short, intense anaerobic exercises with less intense recovery periods. These short, intense workouts improve athletic capacity and fat burning. Each class will include various forms of strength and core training.

**INSANITY:** This workout focuses on maximal interval training where you work out your hardest in 3-5 minute intervals with short breaks in between. Exercise modifications are given for all and we challenge you at your level.

**Step:** A cardiovascular class consisting of coordination and intense cardio intervals using an adjustable step.

**Strength Circuits:** A 45 minute strengthening class focusing on circuit interval training.

**STRONG by Zumba®:** Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more!

**Total Strength:** A total body conditioning class that uses a variety of equipment including weights, tubing, body bars and stability bars.

## CARDIO DANCE

**Cardio Dance:** Have fun getting your cardio on using dance moves to some great motivating music.

**Easy Does It Cardio:** A 60 minute standing cardio class with low impact choreography designed to be a lower intensity workout. Light weights may be included for toning. This class is geared toward the Active Older Adult.

**MixedFit:** A mix of explosive dancing to your favorite songs from the radio along with Boot Camp toning.

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

**Zumba Gold®:** A class for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

## MIND AND BODY CLASSES

**BARRE:** A low-impact, full-body workout using a ballet bar, light dumbbells, a mat and resistance bands.

**Core Restore Pilates:** A class of pre-Pilates and Pilates exercises with a focus on finding and moving from the center of the body and building progressively more difficult movements from the center out. This class is suitable for those returning from an illness or injury, those with chronic neck, back, hip or shoulder issues, or those wishing to explore the foundations of Pilates movement.

**Foam Roller Massage:** This class will incorporate a soft foam roller massage with core strengthening and balance.

**Gentle Yoga:** Learn poses and move slowly through deep stretches. Gentle Yoga will help you gain flexibility, strength and relaxation.

**Pilates:** Using a variety of small equipment (straps, balls, bands), this mat class focuses on your intrinsic core muscles.

**Power Yoga:** This class is for students seeking a demanding yoga workout. Flow series will be prevalent here, whether fast or slow, and will be challenging.

**Tai Chi:** Mindful movement practice of exercises and forms to promote health and improve balance, strength and confidence.

**Yoga:** This class takes the basic poses and puts them into working practice in order to build strength, and improve balance and flexibility.

**Yoga Fusion:** A blend of the Vinyasa style with a bit of Pilates based core work infused into the practice.

## SILVER SNEAKERS CLASSES

**Chair Yoga:** An alternative to traditional yoga, it 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.

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

**SilverSneakers® 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. A chair can be used for support.

**QUESTIONS? Please contact Deanne Goldberg, Group Exercise Coordinator:  
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