

# GROUP EXERCISE CLASS DESCRIPTIONS

## FOR ALL LEVELS

**ABS/Back:** This class is designed to focus on the whole core and its strength. You will work on exercises to make your front and back strong.

**Barre Pilates:** 45-60 minutes. This class focuses on deep muscles, enhances your mobility and corrects your spine alignment and posture. You will use balls, chairs and weights.

**Chair Yoga:** Gentle form of yoga that is practiced sitting in a chair or standing using a chair. Suitable for active older adults.

**Essentrics:** This class is a fitness program that utilizes the whole body with dynamic stretching and strengthening exercises.

**Essentrics: (11:30am)** Same as above, geared towards active older adults.

**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.

**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.

**Zumba Toning®:** This class emphasizes muscle endurance using low weights/high reps and cardio to tone the entire body.

## LEVEL 1: BEGINNER/INTERMEDIATE

**Fit for 50:** Designed for members needing a low impact class that includes a mixture of strength and cardio. Chairs will be available, if needed.

**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.

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

## LEVEL 2: INTERMEDIATE/ADVANCED

**Body Blast:** This class combines sports specific exercises/plyometrics and strength training. Heart pumping cardio plus weights will torch calories and sculpt the body all in one class.

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

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

**Deep Stretch Yoga:** This class takes the basic yoga poses and puts them into working practice. This class is a little more intense than Gentle Yoga, but still uses easy to learn poses while teaching breathing techniques.

**Hard Core Yoga:** This challenging class combines flowing yoga poses with Pilates movements designed to increase strength, improve balance, enhance flexibility and engage your core for a high challenging, low impact full body workout.

**Super Circuit:** This class is set up for a variety of moves including weights, cardio, step and kickboxing in a circuit format.

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

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

## LEVEL 3: ADVANCED

**Box 'N Burn:** This class consists of basic kickboxing and sculpting intervals for a total body workout.

**Boot Camp:** 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.

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

**Power Yoga:** This yoga class takes the basic yoga poses, progressing at a faster pace, emphasizing building strength.

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