

Group Exercise Class Descriptions

Abs Sculpt – A mix of exercises to strengthen, tone, and stretch the core muscles of the abdomen and back. Stability Ball and other props may be utilized.

Body Sculpt - Using a stability ball and dumbbells, this class will challenge your muscles from head to toe while emphasizing balance and core stability.

Boot Camp - A fun, fast paced workout with intervals of cardio, muscle and core conditioning drills using free weights, tubing, body bars, steps and stability balls. **A.M. Boot Camp** is geared toward ALL fitness levels.

Cardio Mix – A combination of cardiovascular exercises including step and hi/lo are used to increase endurance and burn fat.

Cardio Sculpt - A high energy, challenging workout that simultaneously incorporates easy to follow aerobic and functional strength exercises. The step, body bar and light dumbbells are utilized for optimal fat burning and muscle conditioning. Come prepared to sweat – bring a towel!

Core Strength – All the benefits of Group Strength *PLUS* core exercises that focus on strengthening the abdomen, back and glutes. Yoga-based strength and stretch exercises are included. Reservations Required.

Group Strength – Get strong, lean and toned muscles using simple yet challenging strength training exercises utilizing barbells. Barbell weight can be adjusted to suit men and women of all fitness levels. Reservations Required.

Hi/Lo Cardio - This is the classic floor exercise that launched the aerobics industry. High and Low Impact aerobic exercises are used to maximize cardiovascular conditioning. This class is the cardio 'pump' your heart needs!

Low Impact (PLUS) – High energy classic aerobic exercises that increase cardiovascular strength with minimal impact on your joints. *PLUS* classes include a portion of muscle conditioning.

Pilates - Develop your core strength while sculpting long lean muscle to achieve whole-body fitness. Improve your flexibility, posture and body alignment via a series of mat exercises. Pilates Rings, Rollers and balls may be used.

Senior Aerobics - Fun and easy to follow low impact moves to improve and maintain cardiovascular fitness. Light dumbbells will be used to increase bone density and increase muscular endurance. Perfect for seniors or those just starting an exercise program.

Step - A classic high energy step class with varying levels of intensity. Involves stepping up and down on an adjustable platform to increase cardiovascular and muscular endurance. **Step N Strength** class has all the benefits of a step class with the addition of body sculpting.

Step Variety – Any combination of step, strength training and core conditioning will be used to challenge the participant's fitness level. Perfect for the beginner to intermediate exerciser.

Ultimate Kick Boxing - Punch, Kick and Jab! These workouts are guaranteed to improve cardiovascular and muscular endurance, strength, balance and flexibility!

Yoga - A Hatha style yoga class using breathe with movement to awaken the body with postures to build strength and balance. Beginners to more advanced students are welcome.

Yoga Fit – Yoga Fit is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on Hatha yoga, it blends balance, strength, flexibility and power in a *fitness format*. The Yoga Fit style combines body-toning rounds of Sun Salutations with strong standing postures that target and sculpt all major muscle groups. The instructor leads you through a brisk flowing practice that taps in to your fat-burning

cardiovascular capabilities, as it chisels and defines your arms, chest, abs, legs and butt muscles. Yoga Fit is non meditative.

Zumba - A fusion of Latin and International music/dance themes creating a dynamic, exciting, effective fitness workout! The routines feature simple, easy to follow, repetitive dance steps, aerobic/fitness interval training that tone and sculpt the body. All Fitness Levels – even those with two left feet!

Kids Fitness

Tumbleweeds - FUN for ages 3 - 6 years! This class is designed to get your child moving! Activities include running games, movement to music, obstacle courses, parachute play, imaginary play and much, much more.

Inquire about our fee based **Svaroopa Yoga, Kids Yoga, and Zumba Kids** classes at the front desk.