

# Group Fitness Class Descriptions

## **A FRESH START TO FITNESS**

Designed for the true beginner this low intensity fitness class combines aerobic moves with muscular endurance exercises. Build self-esteem, improve your health and enjoy this fun safe fitness class to music.

## **ADVANCED STEP**

This complete workout utilizes the Step to develop cardiovascular and muscular endurance and finishes with core training exercises and a stretch. This class offers more cardio and advanced choreography than your average Step class.

## **CARDIO CORE**

A great start to the week, 6am Mondays join us for a combination of athletic cardio drills and core strengthening.

## **KICKBOX CIRCUIT**

A dynamic, high energy, cardio-based work out using kick boxing and interval drills. Great for cardio conditioning, fat burning and strength training. All levels are welcome!

## **CARDIO MIX**

This cardio-based class is a fantastic combination of Step or Hi/Lo or Boxerfit and Muscular Strength. A high-energy workout all wrapped up in one! All levels are welcome!

## **CIRCUIT**

This interval training class will challenge both cardiovascular and muscular strength and endurance. Suitable for all fitness levels as you work at your own pace moving from station to station in quick interval drills.

## **CYCLEFIT**

A challenging ride on the Keiser Power Bikes at a moderate to intense level. Lots of hill work and sprinting drills aimed at getting your heart pumping and your legs working. Sign up sheet will be posted prior to class start time in Studio 1 to reserve your bike.

## **CORE / CIRCUIT / CYCLE**

The ultimate balance of cardio, core conditioning and muscle endurance to challenge all fitness levels. This class includes interval training on the Keiser Power Bikes. Bring lots of water for this 90 minute class on Saturday & Sunday mornings.

## **DANCE CARDIO CORE**

All fitness levels welcome to this fun dance cardio class which may include jazz, hip/hop, hi/lo, ballet and line dancing complete with a full core workout and flexible to finish up.

## **GAUNTLET**

This class will put you to the absolute test. You will run the Gauntlet, which includes cone drills, reactions drills, ladder drills, medicine ball drills and many other sport-related drills. This class is intense and geared to the intermediate participant.

## **INTRO TO YOGA**

An entry level gentle yoga class suitable for beginners. Modifications and props will be offered to work on optimal body alignment in each pose. All fitness levels welcome as participants are encouraged to work at their own pace.

## **MUSCLE PUMP**

This is a challenging class for those who wish to increase muscular strength. The class begins with an easy to follow warm-up and then uses weights, tubing and balls. All levels are welcome!

## **ON THE BALL**

With the use of the large fitness ball this class will incorporate muscular endurance exercises while challenging your balance. Prepare to explore new exciting exercises in this full body workout. A great compliment to your cardiovascular workout!

## **STEP**

Choreographed step movements and patterns make for a great workout for all fitness abilities. This class includes muscular endurance training and finishes with a great stretch.

## **STEP and STRENGTH**

This cardiovascular workout combines Step with muscle conditioning for a high energy, dynamic workout! Great for improving endurance, power, agility and strength. All levels are welcome!

## **TBC – (TOTAL BODY CONDITIONING)**

Try this interval training class of cardio combos in Step, Hi/Lo, and Kickbox alternating with muscular strength and endurance exercises. This class is sure to get your heart pumping and burn a few extra calories. This class is suitable for all fitness levels.

## **TBC ATHLETIC**

Athletic interval cardio drills alternating with muscular strength and endurance exercises in 2-3 minute segments. This class will get your heart pumping and challenge your cardio and muscular endurance all in one. This class is suitable for all fitness levels.

## **YOGA BALANCE**

A well-balanced combination of flowing poses of yoga to challenge all fitness levels. This class will include balance training, flexibility and relaxation.

## **YOGA CORE**

A great combination of flowing yoga poses with traditional strength training using your own body weight.

## **YOGA STRENGTH**

This class uses dynamic flowing poses to create heat in the body, it will focus on improving strength and flexibility.

## **YOGA STRETCH**

A gentle style class that uses yoga poses to improve flexibility and promote relaxation. Suitable for beginners and all fitness levels.