

# Group Exercise Class Descriptions

## **BodyPump**

A workout that challenges all major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Body Pump will shape and tone the muscles.

## **HIIT**

What a workout! HIIT is a specialized form of interval training that involves short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise. You will get it all in this class.

## **TurboKick**

The evolution of kick boxing is here! Jammin music, ab sculpting moves, and high intensity cardio kickboxing. Take this class to punch, kick and jab your way to a leaner body and a tighter core! Turbo Kick® mixes kickboxing with FUN and simple dance moves to music that makes you want to move! weight loss and increase endurance.

## **Cycling**

The Cycling exercise program is like bringing your outdoor bike indoors. No matter what your experience or ability, there is a cycling class for you. Whether you're a beginner or an advanced cyclist, you can ride at your own pace to have a workout that is right for you.

## **Cycle Express**

30 minute cycling class during lunch.

## **Cardio 101**

Is a combination of strength training, basic low impact cardiovascular segments, balance and flexibility. Specifically designed for beginners or those returning to exercise.

## **Core Strength**

Concentrates on breathing, form and increasing strength in the core. Matt exercises that build strength and compliment any cardio and strength training program.

## **Beginner Yoga**

Classic yoga utilizing poses that work to release tension and stress, promote flexibility and strength, and restore health and peace of mind

## **Yoga**

This vigorous yoga practice explores advanced poses while keeping a focus on developing stamina and flexibility. Modifications are given for those who are just beginning their yoga journey

## **PIYO**

A fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch! The class is a little different each time, but always a great workout!

## **SilverSneakers®**

### **Classic**

Exercise class designed for seniors or the beginning exerciser. Exercises move to music and increase strength, range of movement and activity for daily living skills.

## **SilverSneakers®**

### **Circuit**

Standing non-impact choreography alternated with standing upper-body strength work. Cardio Circuit focuses on the benefits of a circuit format to improve cardiovascular endurance and muscular strength and endurance without increasing risk.

## **SilverSneakers® Yoga**

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

