



Group Fitness Class Descriptions

Sculpt: An intense complete body workout with definite results. Tones every muscle in every way and improves strength and endurance

Step: A dynamic high energy cardio workout using a step platform. New step choreography is developed for each class, so no two classes are ever the same! weights, balls and bands are added to create new challenges and a more intense workout. Step aerobics concentrates primarily on the hips, thighs, abdominal and buttocks. Class is divided into warm-up, 37-40 mins of step aerobics, followed by upper body work, abs and cool down. Appropriate for all fitness levels.

Total Body Blast: Choreographed weight training with an emphasis on full body workout. Non-stop smooth flowing transitions from one muscle grouping to the next. increases not only muscular strength but endurance as well. Heart rate stays up and so does everything else.

Cardio Strip: This fun class allows women to exercise with attitude - a stimulating alternative to regular fitness classes, while increasing your self esteem and confidence making you feel sexier and more fit. Let's get in shape and learn some new moves while we're at it.

Turbo Kick: Rockin' music, simple dance grooves, athletic drills, high energy routines, kick boxing with an edge.

Koga: The best of two fitness worlds: kickboxing and yoga come together for one amazing workout.

Power Kickboxing: With a strong connection to the core, learn to use network of muscles while having the time of your life kicking and punching your way to a healthier stronger you.

Silver Sneakers MSROM: Fitness fun and friends through a variety of exercises designed to increase muscular strength , range of movement and activity for daily living. A chair is used for seated and standing support along with light hand held weights, elastic tubing with handles and a non weighted ball.

Silver Sneakers Cardio Circuit: Combining fun and fitness to increase cardiovascular and muscular endurance through a standing circuit workout. light hand held weights, elastic tubing and a non weighted ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation.

Cardio Balance: A mixture of cardio and strength exercises which utilizes ballet techniques and isometrics.

Studio Spin: A cardio class which takes place on a stationary bike. it is a high intensity workout designed to fit all fitness levels. Spinning is an excellent aerobic workout which tones the lower half of body while increasing your aerobic ability. Not to mention you burn some calories!

Cardio Interval: High intensity interval training is our formula for lean, functional muscle mass. 1:1 is the ratio as the instructor stays in command of you every minute. It's one minute cardio then one minute weight training as we move around the body line in a proper succession dumping you off at your favorite place in the world RESULTSLAND!!!

Zumba: Get your groove on! A non-verbal cuing workout inspired by Latin based dance steps to international music. What a fun way to get in shape!

G.I. Jane: Get an intense workout! This class includes military style strength and aerobics training. The drills include cardio workouts, toning with weights, strength with military training and a full number of fat burning tools to get you closer to your dream body or just a healthier, stronger you.

Fitball: Cardio based workout with steps, weights, balls, bars and gliders along with great music, making it a Big Al's Classic. This class enhances muscular strength and endurance in a fun and effective way.

Yoga: Vinyasa Hatha Yoga which is a combination of yoga postures sequenced together to give each student a stronger more flexible more balanced way of life.

Hot Box: Adding heat (usually 80-85 degrees) allowing your body to relax and allow blood to flow more freely to the heart at the same time it detoxes your body for over all well being.

Boot Camp: Burn baby burn with fun fast paced yet safe cardio carnival. It's 100% aerobic activity designed to get your cardiovascular in tip top shape. Move forward, side to side and up on inclines while challenging your aerobic capacity. Not only is this a class designed for beginners , but it is the advanced individuals best friend. Taught by a former Navy Seal ready to challenge you with the best in military and civilian training.

Butt and Gutt: 45 minutes of unique exercises targeting all areas of your hips, thighs and abdomen.

Pilates: Strengthens your body and mind and all you need is a mat. Pilates uses controlled movements in alliance with postural awareness. If your looking for a stronger core and back, flat belly and overall lean muscle with flex-ability... Pilates is the class for you.

No entry allowed to classes 10 minutes after start of class. A Group Fitness voucher is required for entry to all classes (can be acquired from the Front Desk). Classes are complimentary with a Platinum membership and \$5/class with a Silver membership.