



## Group Fitness Class Descriptions

**Spin & Step:** Cycling class set to music with varied intensity of resistance and speed. Great cardiovascular workout while stepping up and down on an adjustable platform. Intensity varied with basic choreography and power moves. Appropriate for all levels.

**Silver Sneakers Muscular, Strength, Range of Motion M.S.R.O.M:** Weight training including balance, coordination skills, and daily life movement. Appropriate for all levels.

**Cardio Fusion:** A fun and heart pumping workout that offers the perfect blend of cardio and toning. Blast away unwanted body fat and shape muscles for a lean sculpted look. This class may or may not use steps and/or balls to diversify and enhance your workout. Appropriate for all levels

**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.

**Total Transform:** A diversified toning class that incorporates intervals to keep your heart rate in the fat burning zone! Hits all body parts and gives a nice lean, and toned look. Appropriate for al levels.

**Silver Sneakers Cardio Circuit:** Intervals of balanced cardio and weight training which maximizes your workout while burning calories. Appropriate for all levels.

**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.

**Silver Sneakers Yoga Stretch:** Do yoga while standing next to and seated in your chair! Modified Vinyasa poses to help increase flexibility and muscle endurance.

**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!

**Disco Spin :** Cycling class set to your favorite disco classics. Power workout with varied intensities of resistance and speed. Appropriate for all levels.

**Silver Sneakers Cardio Circuit :** Intervals of balanced cardio and weight training which maximizes your workout while burning calories. Appropriate for all levels.

**Koga :** KOGA will turn your body into a fat burning machine. Kickboxing workout fused with yoga to help you lose weight, have more energy, increase flexibility and most importantly have fun!

**Jump Rope:** A great cardio workout, increasing balance, coordination and core strength, using a jump rope for a variety of challenging exercises.

**Total Body Tone-Up :** Covers every body part, a head-to-toe workout that keeps every muscle toned and sculpted. Appropriate for all levels

**Studio Spin:** Great way to get in a vigorous workout while burning calories and keeping your muscles in shape. Instructor guides participants through multiple workout phases including warm-up, steady up-tempo cadences, sprints, climbs, cool-downs, etc. You control resistance on your bike to make the pedaling as easy or difficult as you choose. Constant adjustment is normal. Set to music with varied intensities of resistance and speed. Appropriate for all levels.

**Power Sculpt/Cardio Fusion:** High energy cardio sculpt class that a total fat burner! Offers the perfect blend of cardio and strength training that has you stretching, lunging, squatting, and toning those muscles! Includes a series of isolation movements that work your arms, legs and abs. Appropriate for all levels.

**Sculpt:** A potent combination of upper and lower body exercises to dramatically improve your physique, targeting strengthening, toning and tightening the whole body.

**Core Cut:** Intense hour workout that keeps your whole body toned. A fusion between step aerobics, dance and kickboxing. This is a fun heart pumping workout with varied intensity while using the step and traditional kickboxing moves. Appropriate for all levels.

**Streamline Sculpt :** Intense workout that really covers every body part. Easy-to-follow group exercise class that gives you a total body workout in just 1 hour! Appropriate for all levels.

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.