

# Group Exercise Class Descriptions

## Cardio/Aerobic Classes

**BODYATTACK™:** Build strength and stamina in this high-energy interval class. Combine athletic aerobic movements with strength and stabilization exercises!

**BODYCOMBAT™:** Boost cardio fitness and benefit from total body conditioning in this martial arts-based workout.

**BODYSTEP™:** An energizing, step-based cardio workout that uses a height adjustable step and features cardio work to accelerate fat burning and muscle definition work to shape and tone the body!

**BODYVIVE™:** A low-impact workout, suitable for all levels of fitness, that will improve cardio fitness, strength, and flexibility.

**Boot Camp:** An energized fusion of cardio, core strength, speed and agility, and muscle endurance. A fast paced class for all levels of fitness!

**Boxing:** Jab, cross, hook, and upper cut your way to a lean sculpted body using heavy bags, boxing gloves, and boxing drills.

**Burn & Firm:** Move It, Firm It, Own It! A combination of cardio and muscle definition work using some equipment. Take it high or low!

**Cardio Intervals:** This interval training workout consists of cardio and strength training designed to give your body a wake-up call!

**Cardio Kickbox Technique:** Review kickboxing basics, end class by putting the basics to use. Great for beginners!

**Hi/Lo:** An energetic, upbeat aerobics class that promises to get your body moving. Cardiovascular training for all levels of fitness enthusiasts.

**Step:** A high energy cardio class combining step work with core strength, muscular endurance, dynamic balance and flexibility.

**TBCC:** Total Body Cardio Conditioning-a full body cardio/ strength challenge!

**willPower & grace®:** A full-body functional workout meets sports psychology. This smart, safe barefoot training will strengthen your body and spirit!

## Cardio/Dance Classes

**Ballroom Dance:** Learn the basics of ballroom dance. Waltz, Swing, Foxtrot, Tango and more. No partner necessary!

**Belly Dance/ Cardio Belly Dance:** Move your body while learning about isolation and movements that target areas of the body that rarely get attention. All levels!

**BODYJAM™:** The cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat.

**BOKWA®:** Draw letters and numbers with your feet while performing an energizing and addictive cardio workout routine.

**Masala Bhangra®:** A blend of traditional Bhangra dance steps with cardio fitness fun, suitable for participants of all ages and fitness levels!

**Nia:** Typically practiced barefoot, Nia is a fusion of cardiovascular aerobic exercise, dance and whole-body conditioning set to motivating music.

**Zumba:** An exhilarating, Latin-inspired, calorie burning fitness dance party!

**Zumba Gold:** Low Impact Zumba!

## Resistance, Toning, and Strength Training Classes

**BODYPUMP™:** The original barbell class that strengthens your entire body! Great music will inspire you to get the results you came for!

**Boot Camp:** An energized fusion of cardio, core strength, speed and agility, and muscle endurance. A fast paced class for all levels of fitness!

**Burn at the Barre:** Tone and shape your body with this powerful fusion of Pilates, stretching and dance!

**Chizell It:** Focus on strength training using a variety of equipment including weights, bands and bars.

**CXWORX:** This 30 minute strength workout combines safe and effective training with an intensity that will make you strong to the core!

**Martial Arts Conditioning:** Use martial arts training to improve overall movement, form, balance, coordination and total conditioning.

**Power Tone:** Focus on toning your major muscle groups through endurance sets utilizing low weights, bands and multiple reps.

**Speed & Agility Boot Camp:** Incorporate dynamic balance exercise with resistance training and speed and coordination.

**Stretch & Sculpt:** Incorporate traditional yoga/stretching with poses to build leg and arm strength and stability. Light weights optional.

**Total Body:** Work all of the major muscle groups at a motivating, quick pace!

**Total Conditioning:** A combination of cardio, strength, flexibility and core with minimal use of weights.

**X-Press Abs:** Blast your abs from top to bottom in the core focused class!

## Aqua Classes

**Ai Chi:** Relaxation exercises using concepts of Tai Chi, Shiatsu and QiGong. Slow broad movements using the legs, arms and torso.

**Aqua Arthritis:** Designed by the Arthritis Foundation, gentle exercises will increase flexibility, mobility and reduce stress on joints.

**Aqua Tone:** Use noodles, weights, gloves, boards and your own resistance to burn fat and define muscles. Ideal for the recovering athlete & members of all levels.

**Cardio & Core:** Rev up your heart and tighten your core with fast paced cardio moves fused with core-focused exercises!

**Core & More:** Use resistance to build your core, balance and flexibility!

**Cardio Cross:** Cardio intervals in the cool water pool.

**Cardio Tone:** Mid-high intensity cardio & toning workout using shallow and using shallow and deep water in the lap pool.

**Poolates:** Enjoy the benefits of Pilates in the soothing warm water.

## Mind/Body Classes

**Alignment Yoga:** Emphasis on detail, precision and alignment in the performance of posture and breath. The development of strength, mobility and stability is gained.

**BODYFLOW®:** A combination of yoga, Tai Chi, and Pilates designed for those looking to improve general fitness, relax and reduce stress, increase mental clarity, and obtain a sense of well-being.

**Feldenkrais:** Comfortable, easy movement that improves posture, breathing, flexibility, coordination as well as improving chronic muscle pain and movement restrictions. For all levels of movement ability and aptitude.

**Gentle Yoga:** A simple Hatha style class. Enjoy the poses taught in a slower, more relaxed manner.

**Hatha Yoga:** The most traditional and familiar form of yoga. Poses are practiced and modifications are given for all levels.

**Nia:** Typically practiced barefoot, Nia is a fusion of cardiovascular aerobic exercise, dance and whole-body conditioning set to motivating music.

All Nia movements can be personalized for any level of fitness and agility.

**Power Yoga:** Experience the dynamic breathing and strong challenging pace building on traditional yoga postures. Very athletic. Yoga experience preferred.

**Martial Arts Conditioning:** Use martial arts training to improve overall movement, form, balance, coordination and total conditioning.

**Stretch:** A head to toe stretch, great pre or post workout!

**Stretch & Sculpt:** Incorporates traditional yoga/stretching with very light weights (1-3 lbs). Participants will hold the pose for leg strength and stability while doing arm strengthening movements with the weights. Weights are optional.

**Tai Chi:** Discover complete harmony of the mind and body while performing graceful, fluid and well balanced martial arts movements.

**Vinyasa Yoga:** A flowing yoga practice that synchronizes movement and breath.

**willPower & grace®:** This smart, safe barefoot training will strengthen your body and spirit!

## Pilates

**Gentle Pilates:** Pilates exercises at a slower pace with more modifications, walk away feeling stronger and longer.

**Pilates:** Strengthen your entire body while focusing on core strength and stabilization. Improve your posture while creating long lean muscles.

## Cycle Classes

**Begin to Spin:** Learn Cycle basics, review proper form and heart rate monitoring.

**Cycle:** Join Johnny G certified trainers for a simulated bike ride using high-energy music, visualization and motivational strategies to meet your training goals while monitoring heart rates through three energy zones. All levels welcome. New riders should arrive 10 minutes early for set up.

**Cycle Set-Up/ Intro:** Get custom fit to a Keiser bike a have your cycle questions answered!

## Beginner Classes

**BODYSTEP Beginner:** Learn basic step movements while building stamina!

**Begin to Spin:** Learn Cycle basics, review proper form and heart rate monitoring.

**ZUMBA Beginner:** Get comfortable with Zumba basics and rhythms!

## Special Population (Seniors/Arthritis) LAND & Water

**Balance & Movement:** Improve your balance while increasing strength using bands, balls and weights. The exercises would be performed seated or standing.

**Feldenkrais:** Comfortable, easy movement that improves posture, breathing, flexibility, coordination as well as improving chronic muscle pain and movement restrictions. For all levels of movement ability and aptitude.

**Gentle Movement:** Improve your day-to-day movement, balance, eye-hand coordination and overall well being.

**Les Mills Classes:** BODYATTACK™, BODYPUMP™, BODYCOMBAT™, BODYFLOW®, BODYSTEP™, BODYVIVE™, BODYJAM™, CXWORX™

## Group Exercise Etiquette

\* **New to a class?** Introduce yourself to the instructor!

\* **Injury prevention!** Be on time for classes (do not enter a studio more than 5 minutes late) and cool down/ stretch before leaving class.

\* **Respect other members!** Limit conversation and chat during classes.

\* **Make class time YOURS!** Please refrain from using mobile devices in fitness studios.

## Cycle Tickets

\* Pick up a cycle ticket at the front desk up to an hour prior to class.

## Notes

\* *Classes and instructors are subject to change.*

\* Sign up for Group Exercise emails at the front desk.

**Club Hours :** Monday - Friday, 5am - 11pm/ Saturday & Sunday, 7am - 7pm

**Childcare Hours:** Monday - Friday, 8:30am - 2pm/ 2:30pm - 8:30pm  
Weekends, 8:00am - 3:00pm

**Questions? Contact Christina at [christinab@fitnessandwellness.org](mailto:christinab@fitnessandwellness.org) or Al at [al@fitnessandwellness.org](mailto:al@fitnessandwellness.org)**