

## **CLASS DESCRIPTIONS (All classes can be modified to meet your fitness level)**

**30-20-10** – Every class is something different, & you never know what you're going to get! With 30 min. of intense cardio, 20 min. of muscle toning, & 10 min. of ab training, you'll get a little bit of everything & a great workout every time. Modifications will be provided. **All levels.**

**Barre Class** – A strength and flexibility class inspired by classic dance genres utilizing ballet bars. **All levels.**

**Body Blast** – Blast calories, increase endurance, and get stronger through the use of your own body weight. This class combines high intensity interval training with functional strength exercises to maximize your fitness level and keep your body guessing! **All levels.**

**Bootcamp Gold** – You'll learn age-appropriate circuit and strength training drills, & imaginative ways to integrate interval training into your workout. You will build stamina, and strength, blast fat, optimize cardio-respiratory fitness, and minimize stress of exercise on aging joints! NOTE: Class appropriate for beginner Bootcamp participants & older active adults. **All levels.**

**Cardio Dance** – This class is a high energy cardiovascular infused group workout which combines top 40 music and many current styles of dance. Join in on the fun and energizing calorie burning workout! No experience necessary! **All levels.**

**Cardio Kickboxing** - An action-packed workout that combines elements of boxing, martial arts and cardiovascular exercise to provide overall physical conditioning & toning. Punch and kick your way through this challenging workout which does not involve physical contact. **All levels.**

**Chair Zumba®** - Modified movement that takes place in a chair. Seated classes, when attended regularly can help with muscle strength, balance, flexibility, mental awareness & functioning, mood, and so much more! **All levels.**

**Circuit City**- A high intensity interval class designed to push your body to the limit. You will use all of your muscle groups allowing for little rest in between sets. **Not for beginners.**

**Fit Club Mash Up** - Circuits of body conditioning and resistance training using high-intensity aerobics while targeting strength building and muscular endurance. This class allows each individual to work at their respective fitness level, challenging a variety of heart rate zones and muscle groups for a full cardio and strength workout. **All levels.**

**Gentle Flow Yoga** – Awaken the body, lift the spirit and relax your mind while moving through postures using your breath as your guide. Express the spirit while increasing fluidity in joints and muscles. **All levels.**

**Hip Hop Cycle**- Looking to add a little "flavor" to your cycling? Then this is the class for you! This non-traditional cycling class allows you to feel the beat of hip-hop music all while getting a high intensity, upper and lower body workout. Bring your attitude and your smile and get ready for a ride! **All levels.**

**Interval Barre** – We've combined Barre with high intensity interval training. Interval Barre is an efficient way to use Barre posture while working on building muscle by strengthening your arms, legs and core, combined with some cardio blasts to increase heart rate and burn calories. Be ready to tone and sculpt a beautiful body! **Not for beginners.**

**Krazy for Kettlebells**- Join the kettlebell craze as you squat, lift, lunge, & push your way through this head to toe routine using a kettlebell. **All levels.**

**Multi Level Yoga** – This class is for both advanced–beginner students. This will help to give a great basic practice of yoga with the ability to grow. Find your own practice within a knowledgeable and comfortable atmosphere. **All levels.**

**Pilates** - A combination of stretching and strengthening, this class will improve your flexibility and core muscle strength while also focusing on proper body alignment, breathing, and relaxation. **All levels.**

**PIYO** - A musically driven low-impact, high-intensity workout inspired by Yoga and Pilates, which targets strength and flexibility in a cardio format. **Not for beginners.**



**PSOX LIVE** - This totally body workout will keep your body guessing, and transforming, with a variety of strength-training moves, cardio conditioning, and core work. You'll tone strong, lean muscle and bust through any plateau that stands in your way. Be ready to BRING IT!

**Restore, Reflect & Energize** – Be reminded of the importance of the inner journey to enhancing health & alleviating stress through reflection, practicing meditation, affirmations, mudras, yoga nidra, and guided imagery. This class will bring alert attention and mindfulness.

**Shape-Up** - A toning and strengthening class using the stability ball and hand weights. **All levels.**

**Step** - A cardio workout using step patterns while incorporating high and low intensity into the class (\*can be done without a step\*). **All levels.**

**Tai Chi** – An ancient Chinese tradition that has evolved over centuries to become a means of alleviating stress and anxiety, a form of "meditation in motion". It has been shown to improve balance control, fitness, and flexibility, and to reduce the risk of falls in older people. **All levels.**

**Y-Cycle**- An intense cardiovascular workout focusing mainly on the lower body. **All levels.**

**Y-Pump**- Anything goes in this strength training class. You will work all your muscle groups using barbells, hand weights, resistance bands, kettlebells, and/or exercise balls. **All levels.**

**Y-Pump Plus+**- This class gives you everything you get in traditional Y-Pump with bursts of cardio throughout the class. **All Levels.**



**ZUMBA fitness** - A dynamic and energetic cardio class combining dance with fitness, adding Latin flavor and international zest into the mix. No dance experience necessary. Ditch the workout and join the party!



**ZUMBA gold** - A modified Zumba® class using the original moves you love at a lower-intensity. Great for beginners.



**ZUMBA STEP** - A combination of the awesome toning and strengthening power of step aerobics with the fun fitness party that only Zumba® brings to the dance floor.



**ZUMBA toning** - A combination of the fun and fitness party of Zumba® and the challenge of resistance by using Zumba® Toning Sticks. This class helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

**Strong by Zumba™**- With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn. **All Levels.**

**COMBO CLASSES** – Can't decide on a workout? Now you don't have to! This class will break up the routine by giving you 30 minutes of "this" and another 30 minutes of "that." Come to one or both, the choice is yours. Combo classes are highlighted in grey.