

Group Exercise Class Descriptions 5-22-18

IGNITE- This class is a fast paced metabolic conditioning class that will push you to your limits, high intensity cardio intervals (demonstrated in three levels to match all abilities) interspersed with muscle-defining moves. Get ready to blast fat, burn major calories & strengthen your cardiovascular system. Finishing off with guts & butts! **Level 2 & 3**

STRICTLY AEROBICS- This is a 50 minute low impact cardio class. Remember those days ?? Light stretch at the end.

SPINNING @- A fun energizing, calorie-burning workout for all fitness levels. Different rides each class. Mind/body techniques including visualization, breathing & music to burn 500 kcal per workout, this class will enhance your aerobic performance beyond your expectations. Sign up is required and may be done 1 week prior to class.
ALL LEVELS

TOTAL BODY BURN- THIS STRENGTH-BASED CLASS TARGETS ALL YOUR GLAMOUR MUSCLES: YOUR booty, YOUR arms, & YOUR legs. It is incorporated with fun music & high energy so you can condition, strengthen & tone all of the biggest muscle groups while enjoying your workout. In this class you will definitely gain muscle & lose fat! Burn Baby Burn! **ALL LEVELS**

SILVER SNEAKERS CLASS@- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement & activities for daily living. Hand-held weights, elastic tubing w/handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. **Level 1**

SILVER SNEAKERS CIRCUIT@- Combine fun with fitness to increase your cardiovascular & muscular endurance power with a standing circuit workout. Upper-body strength work with hand held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support/ stretching & relaxation exercises.

GENTLE YOGA- "Flow with breath" this class will take yoga poses and link them to the breath. Students will be challenged to use their bodies in new ways while always focusing on the breath & proper alignment. **Level 1 & 2**

NEW- SHAKE IT UP- HIIT training at its best. This 45 minute calorie burning workout will maximize fat burning, increase overall strength & vitality. You will do intervals of Cardio movements with strength training movements or body weight moves for short periods of time, getting away from the typical exercises that we do all the time. Modifications are always shown. 15 min. stretch at the end will provide relaxation to your hard working muscles.

STRENGTH CORE & MORE- If your looking for a core workout, look no more, using various fitness tools such as weights, Bender Ball®, resistance bands & your own body weight you will find the ultimate combination of exercise to increase strength in a total body workout. It will also include balance work, coordination. At the end a 15-20 minute Yoga segment will be included using stability balls, mats or straps.

20-20-20- A little bit of everything! A great beginner class. Here you will do 20 minutes of lo-impact cardio combinations, 20 minutes of weights & 20 minutes of stretching! A great class you are sure to love!

Life is easier the more we move!!!

