



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Fitness Class Descriptions

**BODY FIT BOOT CAMP-** A total body workout utilizing all equipment including TRX straps, cycling bikes, cross training room and weights. Workouts will include indoor and outdoor routines, all levels are encouraged to participate as their will be modifications given. Focuses will be to improve overall health and fitness.

**BOOT CAMP-** This boot camp class is for individuals who are looking to reach their maximum potential through moderate to high intensity exercise. Most exercises are body weight and partner based. Each class will be a full body workout that includes components of strength, cardio and core exercises.

**BUTTS AND GUTTS:** This is a must for those targeting core and lower body! Get ready to tone those abs, quads, hamstring and glute!

**COREWORKS:** Coreworks creates stability from the CORE, or the middle of the body, which is the basis of all movement, then layers on mobility, strength and finally power. Move like never before, beginning from the core, and reach farther than you thought possible.

**CYCLING FUSION-** Looking for a cycling class that adds strength training? This class has just that! Cycling meets a mix of intervals of strength training. Be prepared to get those aerobic and anaerobic systems working along with working on endurance.

**FUNCTIONAL FITNESS:** Focus on building a body capable of doing real-life activities in real-life positions, working on basics from getting up from a seated -position from the floor to pushing/pulling your body weight, focusing on core exercises.

**FUNCTIONAL TRAINING:**

A body sculpting class that combines traditional toning exercises with movements that more closely mimic your daily activities. Get stronger in what you do every day!

**FREE FLOWING YOGA:**

A workout focusing on moving into more challenging poses such as arm balances headstands, handstands and backbends.

**KIDS MOVE TOO!-** A cardio and strength training class for kids aging 4-9 years old. Class focuses on locomotive skills, balance, and the components of fitness all while having fun. Class for all fitness levels.

**MONDAY MIX-** Start your week off right with a perfect combination of heart pumping cardio and strength training. A variety of equipment and exercises will be used to torch those calories and give a total body workout.

**MUSCLE PUMP:** 55 minutes of muscle and heart pumping exercises. This class is designed to take your muscle endurance to the next level. In this class you will work every major muscle group using dumbbells, body bars, barbells, and other equipment to sculpt and tone your body while burning calories. Benefits include increased muscle mass, increased metabolism and increased bone density just to name a few. All levels and genders are welcome. Instructor gives modifications for all fitness levels & special needs.



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**PIYO-** Pilates and Yoga blended together. The Pilates strengthens and tones the body, while the yoga promotes relaxation. Piyo provides a total mind and body workout.

**PILATES-** This class tones and strengthens, gets those muscles and heart pumping, may add weight bearing exercises to provide strength, power and toning.

**POUND®-** Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

**POWER YOUR PUMP:** Wanting to slim up, but also tone and create muscle definition at the same time? Add this class to your routine and you will be creating lean muscle mass and boosting your metabolism!

**ROCK STEADY BOXING®-** gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum. This class is only for participants that have been diagnosed with Parkinson's disease, medical release and assessment by a certified coach are required.

### **SilverSneakers® Classic (Muscular Strength & Range of Movement)**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

### **SilverSneakers® Cardio**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

**STEP:** A high intensity class that incorporates dance elements along with a step routine.

**TRX®-** is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises

**WEIGHT LIFTING-** This class meets in the weight room, class focuses on using the equipment in the room, proper use, etiquette and form.

**YOGA:** Learning about your body through breath and movement – incorporating flexibility, strength and balance.

### **ZUMBA®**

Unlock those hips and dance through your workout! Columbian for “move fast and have fun”, Zumba is an aerobic workout that incorporates Latin dance moves – without the partner! Simple enough for everyone, even the “rhythmically” challenged.

### **ZUMBA GOLD®**

A low-intensity workout for the active older adult, beginners, and those with physical limitations. Designed to improve balance, strength, flexibility, and the heart, you will incorporate dance steps from many types of Latin music.

**8 MORE:** A body sculpting and Cardio class that targets all muscle groups utilizing exercises with low weights and high repetitions. All abilities!