



# **CLASS DESCRIPTIONS**

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**PUMP** For anyone looking to get lean, toned and fit – fast! This Barbell & Weight class uses light to moderate weights with lots of repetition for a total body workout. You'll leave the class feeling challenged and motivated, ready to come back for more.

**AB LAB** Core class that focuses on strengthening muscles of the abs, lower back, and torso.

**ZUMBA** Dance your way to a fitter you with unique music, latin-inspired dance moves and rhythms!

**BOOTCAMP** A combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns, using a variety of exercises and equipment.

**KIDDING AROUND YOGA** Kindergarten thru 5<sup>th</sup> grade. This class will introduce classic yoga, meditation, breath work, and stress-management in a kid-friendly style with music, games, and imaginative stories from Kidding Around Yoga.

**YOUTH CONDITIONING** Ages 8 thru 15. This FUN youth class is designed to promote sound principles of flexibility, aerobic endurance and muscular conditioning. Emphasis is placed on proper form and technique as well as Fitness Center safety and etiquette.

**Y-FIT** Group fitness class utilizing a prescription of constantly varied functional movements executed at high intensity. Weight-lifting, running, rowing, and more! Within the workouts, movements can be scaled down (or up!) for any level of fitness, so they're challenging every time.

**YOGA** This class focuses on combining breath and movement during traditional sun salutations. While increasing strength and flexibility you will build your practice by advancing through modifications. Create a calmer mind and healthier body.

**CORE & MORE** A workout for your core and MORE using resistance bands, weights, and other tools, as well as body weight exercises such as squats, lunges, crunches, and planks.

**KETTLEBELLS** Strength – Cardio – Core! Intermediate level class with novice and advanced modalities. Using kettlebells, class participants are taken through a variety of movements all designed to develop overall body strength, mobility, internal energy, work capacity, and vitality. Extreme all-round fitness!

**CYCLE** Indoor cycling is a great cardiovascular workout! Pedal through hill climbs, sprints, and many other challenging drills and exercises.

**CYCLE & STRENGTH** Combines indoor cycling with cardio and strength intervals for total body workout!

**SILVERSNEAKERS CLASSIC** 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 standing support.

**SILVERSNEAKERS CIRCUIT** Increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**RYTH-MIX STEP** Easy to follow low-impact, moderate-intensity cardiovascular aerobic workout with the option to either use or not use a Step. Includes upper-body strength exercises, abdominal conditioning, and stretching.