

## **Aerobic Class Descriptions**

### **AB-VANTAGE**

This 30 minute class is specifically designed to target your core, abdominals, and lower back. This program is an excellent addition to any cardio conditioning, muscle building, or toning program!

### **CARDIO INTERVAL**

Accelerate your fitness and experience how time can fly during a cardio workout when you are having fun! This one hour class will incorporate short bursts of cardio using a variety of exercises including step, kickboxing, plyometrics and more!

### **CHAIR YOGA**

This yoga class is specifically designed for seniors, and is a great way to ease stress, increase flexibility and strength, and stimulates the mind, body and spirit while sitting comfortably in a chair.

### **DAILY BURN**

Make the most of your time in this cardio and total body sculpting class that squeezes a 60 minute workout into 30! You can expect intense exercise bouts followed by short rest periods for the duration of the class!

### **High-Intensity Interval Training (HIIT)**

(HIIT) is a type of interval training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. Benefits of HIIT training include: improved performance, helps burn more fat, helps burn more calories throughout the day, and your workouts are shorter!

### **KICKBOXING**

Sweat it out in this fun class that combines boxing basics and aerobics. Lots of jabs, kicks and punches! Get strong, get toned, and get fit! All fitness levels welcome.

### **NOTHING BUTT/ABS**

The focus of this class is on the buttocks, hips and abdominals. A variety of exercises are used to target the muscles in these areas with the intent to tone and strengthen. Come check it out if you're ready for a challenge!

### **PILATES**

An emphasis on movement quality, posture, and breathing makes Pilates a safe, challenging and revitalizing workout. This class focuses on developing core stability and overall toning. This class may also encompass stability balls, bands, and more!

### **PIYO**

Introducing PIYO, a high-intensity, low-impact workout for a new kind of STRONG! PIYO is the perfect blend of Pilates and Yoga and is the ultimate stretch workout for those wanting more than just flexibility but wanting to burn calories and build muscle.

### **POWER SCULPT**

This 45 minute class includes muscle conditioning for every area of the body. The intensity is turned up just a bit to "power up" your workout. Instructor may use a variety of exercise equipment.

### **SENIOR CIRCUIT TRAINING/BEGINNER SENIOR**

These aerobic classes are low impact, designed with special consideration for the senior population and include cardiovascular, flexibility, and strengthening segments that may be performed standing or in a seated position. Chair Yoga is another aerobic class available for seniors.

### **SPINNING/CYCLING**

One of the best low impact workouts available, our indoor bikes can be perfectly adjusted to suit your fitness level. Our classes will familiarize you with the techniques of bicycling while providing a fun group experience. Come check it out!

### **TOTAL BODY TONING**

Firm and tone your entire body! Use a variety of weights, aerobic bands and exercise balls in this class designed for all levels.

### **YOGA**

**Holistic Yoga:** This class draws on a variety of yoga styles and offers a practice designed to help students find balance between body and mind.

**Stretch & Strengthen Yoga:** This class will kick your flexibility and strength into high gear! A powerful and fun combination of core and full body strengthening poses followed by some repetitive lengthening poses to stretch those tight areas out. Get ready to feel those muscles working.

### **ZUMBA**

This Latin-inspired workout uses a variety of music and dance styles in its routines. Music selections include both slow and fast rhythms to help tone and sculpt the body with easy to follow dance moves! No dance experience required, just the desire to have fun!