

# FITNESS CLASS DESCRIPTIONS

## **BABIES & BUGGIES**

Enjoy 45 minutes of reviving exercise and the company of other new mums. We'll get your heart racing as you walk or jog through the park, do modified exercises and most importantly, have fun! All fitness levels are welcome – you work at your own pace to gradually increase your fitness. All you need is your baby in a buggy, a towel and water bottle. This class meets at Judah Park, in case of questionable or inclement weather you'll meet at the Maryville Community Center.

## **BEGINNER CIRCUIT/LEVEL 1 CIRCUIT TRAINING**

A mix between cardio and strength training to blast fat and sculpt muscle. Exercises can be modified for higher or lower intensity. All fitness levels welcome!

## **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.

## **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!

## **FITNESS FUSION**

Short on time? No Problem! This class hits a little bit of everything by fusing cardio and strength into a 30 minute class so you leave feeling accomplished.

## **FIT FAMILY FUN**

We challenge YOU to put down your phone and shut off the TV for 30 minutes and exercise together as a family. There will be a mixture of fun fitness workouts and games that everyone can play. Remember YOU are shaping future generations; let's make it healthy and active! Kids ages 4+ recommended.

## **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.

## **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!

## **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.

## **STEP INTERVAL/ABS**

A way to get a high intensity, yet low impact workout. With a portable platform with height adjustable risers, you will do choreographed exercise routines up, onto, down and around the step for great cardio fitness, as well as exceptional training to shape the lower body.

**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..

## **TOTAL BODY TONING/TONING**

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

## **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! Kids welcome!