

## Group Exercise Class Descriptions

**Abs Boot Camp** - Come join us for this invigorating & intense 30 minute class. A workout that combines integrated muscle conditioning exercises, improves flexibility, and balance.. Abs is the **main** focus!

**Ballroom Dancing** – This is a fee based program that teaches the classics in ballroom dance- Waltz, Cha Cha. Samba, Merengue, 2 Step ..we've got 'em all!!

**Boot Camp** – The name says it all...Mondays class works the upper body & abs, Wednesday- lower body with abs & Fridays—All Abs!! This class is designed for the member looking to intensify their current workout

**Cycling** – A super cardio lower body workout led by motivating, knowledgeable instructors guaranteed to leave you invigorated & breathless! Don't forget your water bottle & towel! The best sweat in the house!

**Intro 2 Cycling** - This class focuses on the new cyclist, with slightly less intensity and duration (45 minutes). A great way to begin your journey into the indoor riding trend while gaining valuable techniques and coaching.

**Intro Cycling** classes are offered on the **1st Saturday** of each month at 9:30AM right after the 8:30am Cycle class.

**Lo Impact** – Head into the GE studio for a fun filled hour of good old fashioned aerobics—cardio, cardio, cardio!!

**MS Yoga** – This class is for members with Multiple Sclerosis. Must register with the National MS Society prior to participating.

**Parkinson's** –The class was designed to help participants maintain movement and motor functions in an environment that is fun and friendly. Daily exercise therapy is one of the best things that you can do for yourself to counteract the negative effects of PD & other neurological & muscular disorders.

**Pilates** - Pilates is a re-education of the body. A unique exercise regime designed to stretch, strengthen and balance the body.

**Sit & Be Fit** – The name says it all! Come on in and take a seat – A total body workout all from a chair, light weights, bands and balls are a few of the props you'll use to maintain muscle and improve overall fitness!

**Stretch & Relaxation** – will improve circulation & range of motion, decrease stiffness & muscle tension..finishing off with total relaxation through meditation. A wonderful way to start or finish your days workout!




**Tai Chi & Tai Chi Form** – Tai Chi keeps harmony between the body, soul & spirit..it has a healing effect on the nervous system as well as the respiratory, cardiovascular & digestive systems. It is also known to promote healthy metabolism & develop motor skills..

**Team Step** – Not your traditional step class!! An inner & outer circle of step platforms provide an invigorating and intense step class that tones the body while challenging the mind to stay on track! A great class for all fitness levels!! Every other Thursday evening at 5:30pm!

**Yoga** - Lose weight, become fit, relax, bring balance to your life, live a healthier life, find yourself – come on into the Yoga Studio!

**Zumba** - It's exercise in disguise! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba.

**Les Mills International Programs:**

	<p>A weight resistance class with adjustable weights &amp; barbell. The fastest way in the universe to get in shape!</p>
	<p>This class brings back the basics to any step class. It focuses on putting the athletics back in.</p>
	<p>A non-combat, martial arts-based program (55 minute class) choreographed to ten tracks of the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.</p>