

# Class Description:

**Zumba:** A fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.

**Spin:** This exciting athletic training program utilizes motivation, sports psychology and tested cycling techniques. The instructor will lead the class on a stationary bike through different drills, terrains, hills and intervals to increase your cardiovascular fitness. This program is for all ages and fitness levels.

**Silver Sneakers:** Group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

**Cardio Salsa:** Combining Latin dance style with the cardio advantages of exercise! Salsa is one of many styles of Latin dances from around the world. By combining the sassy moves of Salsa with active cardio movement, a different style of exercise is born! All fitness and dance levels welcome.

**Butts and Guts:** Exercises specifically designed to target your bottom and tummy. For the "butt" work, we will do lunges, squats, butt blasters and leg lifts. For your "gut" work, we will crunch, twist, and plank. We also bring out the ball occasionally for more challenging balance and core work.

**Conditioning:** This offers you the opportunity to tone up all the main muscle groups - bums, tums, legs and arms. It is a 'no-nonsense' workout using simple moves that demand effort, rather than co-ordination.

**Step Toning Interval:** Interval training alternating body sculpt moves and aerobics exercises on the step. The ultimate body-shaping, fat-burning and strength training class.

**Cardio Kickboxing:** This workout borrows moves from the Thai sport of kickboxing to make participants work up a sweat. Instructor leads the group through specific punches and kicks. The moves are worked into swiftly executed combinations (for example: jab, cross punch, hook, uppercut, front kick).

**Muscle Fit:** A complete body workout combination of toning & strength training exercises using cards, free weights & balls.

**Pilates:** A series of exercises created to condition the entire body while focusing on the core. The benefits of practicing Pilates regularly include improved strength, flexibility, balance, and posture. In this mat class, props such as stability balls and light weights may be used. Instruction is targeted for multiple fitness levels.

**Yoga:** This class is suitable for those with little or no experience in the practice of yoga. Learn the fundamentals which apply to all levels and Flow Yoga. Proper alignment, movement and breath will be emphasized. Relaxation/Meditation will be part of this class.