

Fitness Class Description

<p><u>Aerobics / Cardio (A)</u> Most effective for weight loss. Maximum fat burning class. Works out your heart.</p>	<p><u>Muscle Toning (B)</u> Sculpts and shapes muscles. Increases lean muscle mass making you burn more calories during rest. Prevents osteoporosis.</p>	<p><u>Stretch / Flexibility (C)</u> Increases joint ROM (range of motion). Reduces stress. Decreases chance of future injuries.</p>
<p><u>Cardio/Ball (A,B,C)</u> Half cardio and half fitness ball core work. Incorporate weights and conditioning using the ball. All levels welcome.</p> <p><u>Step (A,B)</u> This class incorporates the step for a great high intensity, low impact aerobic workout. Learn correct form and technique. Different levels shown. All levels welcome.</p> <p><u>Cardio Interval (A,B)</u> Repeated intervals of higher intensity cardio exercise with periods of low intensity weights & conditioning. Continuous tempo variations and intervals of power minimize fatigue while maximizing cardio intensity. The controlled toning intervals provide an active recovery period as they build lean muscle.</p> <p><u>Cardio Blast (A)</u> A total cardio challenge. Bursts of higher intensity exercises combined with lower intensity conditioning. Lower impact modifications will be shown so all levels may attend. Workout you heart.</p>	<p><u>Fit Ball (B,C)</u> Incorporates the stability ball to make your regular workout challenge your core. Lift the ball, roll on it, push against it making you use balance and core conditioning. More muscle groups reap the benefits, especially back and abs. Learn spinal alignment and proper technique. Total body workout. No cardio.</p> <p><u>F.I.R.E. (B,C)</u> Functionally Integrated Resistance Exercises Works on developing muscle strength and endurance as well as increasing flexibility and balance. Improves joint mobility and stability. No choreography. All levels welcome.</p> <p><u>AQUA (A,B)</u> Water creates 12 times the resistance while exercising allowing us to burn 3 times the calories of doing the same exercise on land. Virtually no impact so it's safe for all levels.</p> <p><u>Nike TBC (A,B)</u> Nike Total Body Conditioning Step interval class. Intervals of cardio and conditioning using step, bands and weights. Different levels shown so all can participate.</p>	<p><u>YOGA (B,C)</u> A mind/body class to improve your flexibility, strength & balance thru flowing movements. Learn traditional yoga poses and breathing techniques. Challenge yourself while honoring your body at the end with final relaxation. <u>A yoga mat is required for safety.</u></p> <p><u>Power Pump (A,B)</u> Step, tubes, weights and balls may be used. Build lean muscle density while doing intervals of cardio to keep the heart rate to burn more calories. No choreography. Levels shown so that everyone can be challenged.</p> <p><u>1/2 & 1/2 (A,B,C)</u> 1/2 of low impact aerobics & 1/2 matscience. A progressive series of exercises that increases strength, flexibility & balance of the entire body Derived from classic disciplines such as Pilates & Yoga. Hi-impact options shown.</p> <p><u>Trim & Tone</u> 1/2 low impact aerobics and 1/2 conditioning. Beginner choreography. Light weights, tubes and ball may be used to tone. This is a great class for the beginner, higher levels will be shown for those needing more challenge.</p>