

## Fitness Class Description

<p>1/2 &amp; 1/2 (B, I, A) Class format consists of the first half of class being cardio and the second half of class being sculpt, tone and flex.</p>	<p>Aqua (B, I, A) 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 on the joints.</p>	<p>Beginner Step (B) This class teaches the basic technique and moves for step aerobics. Each move is broken down to incorporate correct foot placement and form and then brought back together in order to build choreography. <b><u>Recommended for people who are new to Step</u></b></p>
<p>Body Sculpt (B, I, A) Sculpts and shapes muscles. Increases lean muscle mass making you burn more calories during rest. Prevents osteoporosis. No choreography</p>	<p>Cardio Ball (B, I, A) Half cardio and half fitness ball core work. Incorporate weights and conditioning using the ball.</p>	<p>Cardio Blast! (I, A) Most effective for weight loss. Maximum fat burning class. Makes your heart stronger and helps to increase lung capacity.</p>
<p>Cardio Interval (B, I, A) Most effective for weight loss. Combines intervals of cardio and strength training. Burns fat and builds lean muscle.</p>	<p>Cardio Kik (I, A) A series of drills set to music including shadow boxing, various types of kicks, push-ups, jump rope, jumping jacks, shuffling and punching/kicking combinations.</p>	<p>Extreme Tone (B, I, A) Takes body sculpting to the next level by incorporating plyometrics and core work.</p>
<p>F.I.R.E (I,A) Functionally integrated resistance exercises. Works on developing muscle strength and endurance as well as increasing flexibility and balance. Improves joint stability and mobility. No choreography.</p>	<p>Nike TBC (I, A) Nike Total Body Conditioning is a step circuit class. Intervals of step aerobics combined with intervals of sculpting exercises conducted at different stations throughout the room.</p>	<p>Pilates (B, I, A) A system of exercises that focuses on strength without bulk, flexibility, and agility. The primary focus is on awareness of the spine, proper breathing, core strength and flexibility.</p>
<p>Pi-Yo (B, I, A) A combination of Pilates and Yoga. Refer to the descriptions of each above.</p>	<p>Power Pump (B, I, A) Steps, tubes, and weights may be used. Build lean muscle mass while doing brief intervals of cardio to increase calorie burn. All levels shown. No choreography.</p>	<p>Step (I, A) This class incorporates the step for a great high intensity, low impact aerobic workout. Learn correct form and technique. Different levels shown throughout the class.</p>
<p>Step Interval (I, A) A step aerobics class that uses intervals of weight training to maximize fat burning.</p>	<p>Yoga (B, I, A) A mind/body class to improve flexibility, strength and balance through flowing movements. Learn traditional yoga poses and breathing techniques. <b><u>A yoga mat is required for safety.</u></b></p>	<p>Zumba! (B, I, A) A fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International music. Zumba uses the principles of fitness interval training and resistance training to maximize calorie output, fat burning and total body toning.</p>

**Key:**

**B – Beginner      I – Intermediate      A - Advanced**