



Updated 1/2015

# GROUP FITNESS DESCRIPTIONS

<b>TABATA</b>	Tabata is four minutes of intense interval training/circuit training. A good example is sprinting for 20 seconds and then walking for 10 seconds - Repeat 7 more times for a total of 8 sets (which equals approximately four minutes).
<b>ALPHA STEP</b>	In this class you will move in different directions going on or across the STEP using the alphabet as a guide. You can chose to go low impact by not using the STEP. A hot new way to use the STEP.
<b>BUTTS-N-GUTS</b>	Hit your body where you need it most! Tone and slim your midsection, hips, and legs in this targeted strength class. Guaranteed to have you coming back for more!!
<b>GUNS-N-GUTS</b>	An awesome compliment to the popular Butts-N-Guts, Guns-N-Guts targets your midsection and your upper body.
<b>L.I.F.E. TONING</b>	L.-Low, I. -Impact, F.-Fitness, E.-Exercises Toning is a low impact total body workout. Feel your muscles work while you shape your body with weight training.
<b>BOOT CAMP</b>	This class is designed for a total body workout. The interval style training cardio and weight training will bring the maximum results. This is a one hour power class. Are you up for the Challenge?
<b>SPIN</b>	You are sure to get your heart pumping in this high intensity cardio workout. The class is great for building cardio endurance and sculpting the legs.
<b>#REMIXED</b>	A dance workout that combines chest pops, crisscrosses, shoulder blows and kick steps to exercise the entire body. This class flies by as you burn hundreds of calories!
<b>ZUMBA®</b>	A Latin-inspired, dance-fitness class that incorporates Latin and international music and dance moves to create a dynamic and effective fitness system. Ditch the workout, join the party!
<b>TONING</b>	Feel your muscles burn while you shape your body with weight training. If you want to learn how to use weights and reduce inches you need to take this class.

<b>Fit Barre</b>	An exceptional one-hour regime of ballet, Pilates, strength and flexibility training using a chair.. The classes are choreographed to the hottest music in a fun, supportive and high-energy environment. Open to all levels.
<b>YOGA</b>	This class will teach you proper stretching and relaxation techniques to clear your mind and relax your muscles. It combines the stretching aspects of yoga with a powerful flow.
<b>PILATES</b>	Enjoy improving your strength, flexibility, balance and coordination in a peaceful atmosphere. You will leave the class with a sense of calm energy (and perhaps a flatter tummy).
<b>BASIC STEP &amp; TONE</b>	This class is a mixture of cardio and strength training moves. Expect Hi/Low floor aerobics for cardio, combined with use of weights and body bars for strength training.
<b>CROSS BOX</b>	Push-ups, Lunges, Burpees, Thrusters, Box Jumps, Squats Sit-Ups, V-Ups and Body Bars are a staple in this class! Go at your own pace to see how many reps you can do.
<b>ZUMBA GOLD®</b>	Zumba® for the active older adult that addresses the anatomical, physiological needs specific to this population. Also Zumba students just starting their journey to healthy lifestyle.
<b>PiYo®</b>	A fusion workout based on the principle of Yoga and Pilates. It is a high energy workout that will improve your flexibility, strength and balance as well as burn calories.
<b>Total Body Workout</b>	Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat. You will use hand weights, body bars, tubing, bands and jump ropes to change the shape of your body. No muscle gets neglected in this class!
<b>CORE-AND-MORE</b>	This workout is focused on core strength. This class uses body weight only to tone and strengthen.

## **Class Locations**

**AC: Aerobic Center located on 2<sup>nd</sup> floor near youth track entrance**

**RR: Recreation Room located on 2<sup>nd</sup> floor pass the racquetball courts**

**CR: Group Cycling Room located on 2<sup>nd</sup> across from The Fun Factory**