

GROUP FITNESS CLASS DESCRIPTIONS

Pilates: This class is designed to strengthen your core along with increasing your flexibility and balance.

Flow Yoga: This class will be using the basic yoga poses in a choreography flow from one pose to the next that will help you gain flexibility, balance, and strength at the same time.

Step it Up!: This has intermediate/advanced choreography step moves mixed with some basic toning as well.

Wild Card: This class is where ANYTHING GOES!!! Instructors will alternate Saturdays

BASIC STEP~N~TONE: This class is for the beginner step student great cardio workout mixed with some toning as well

TABATA: BRING IT ON!! This high intensity, very physical class is sure to burn you up!!! The drills are 4 minute intervals that break down 8 sets of 20 second movements and 10 second rest.

ZUMBA®: Latin dance high energy and motivating music with unique dance moves that allow the participants to dance away their worries and burn off up to 500 – 700 calories.

CARDIO HIP HOP: This Hip Hop class will get your heart pumping with all the fun hip hop dance moves mixed with cardio intensity moves as well...you will be sweating good time...

R.I.P.P.E.D.®:

R- RESISTANCE I-INTERVALS P-POWER P-PLYOMETRICS E-ENDURANCE D-DIET: it's the ONE STOP BODY SHOCK where you can burn off up to 700+ calories(....this is a total body workout at which you will be using wts and resistant bands in class with a mix of kickboxing core training and stretch at the end. FOR ALL FITNESS LEVELS!!! R.I.P.P.E.D. FOR BEGINNERS will be the same but will be using more modified moves in this class

KETTLEBELL AMPD*: Kettlebell AMPD class will combine heart pounding music and kettlebell moves for a calorie torching workout. **TABATA:** The drills are 4 minute intervals that break down 8 sets of 20 second movements and 10 second rest.

POUND: Is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums...

RUMBLE: Is an authentic, yet simple to learn, cardio mix martial arts program adapted for the group exercise environment. Rumble was created for EVERYBODY... NO martial arts experience required...

SilverSneakers® Muscular Strength & Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support

Group Fitness Instructors:

Chris Chandler, Lynette Gullett, Sarah Hines, Sara Ledford,
Betty Lewis, Mavis McCowan, Ann Mosley, Nancy Robertson, Marlene Settles, and Brittany Terrell