

# GROUP FITNESS CLASS DESCRIPTIONS

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

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

**Midday Yoga:** Midday is a great time to revive and refresh the body and prepare for an amazing rest of your day. In this all-level practice youtube guided thru a flow that threads breath with movement while relieving tension and stress

**Gentle Morning Yoga:** This Yoga will restore your body and renew your mind with this all-level gentle practice. As we ling traditional postures you'll find opportunities to increase flexibility, mobility, and strength, while simultaneously developing healthy habits for your mind and spirit!

**CHAIR YOGA:** Chair Yoga is for all levels and all moves are taught from a chair and will help with your posture and will also help increase flexibility, mobility and strength.

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

**KILLER-ABS:** This class is for all levels that targets your core.

**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 sure 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!!!

**THE BLEND:** This class will be a BLEND of Kettlebell AMPD & R.I.P.P.E.D. in one hour...FOR ALL LEVELS OF FITNESS!!!

**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. You will use a weapon-the Rumble stick- which creates a higher degree of training and is an extension of your body, which enhances spatial awareness and overall movement.Rumble was created for EVERY body NO martial arts experience required...

**SilverSneakers® Muscular Strength and Rang 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 training. A chair is used for seated and or standing support

## Group Fitness Instructors:

**Chris Chandler, Chelsea Dean, Janet Fluty, Anne Griffith, Betty Lewis, Mavis McCowan, Ann Mosley  
Nancy Robertson, Marlene Settles, Kristian Smith, & Sarah Stone**

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