

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...

TOTALLY TONE: This class will sure get you toned up as well as get you cardio fit....all fitness levels are welcome

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