

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.

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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!

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 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!!!

KETTLEBELL AMPD*: Kettlebell AMPD class will combine heart pounding music and kettlebell moves for a calorie torching workout.

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, Anne Griffith

Betty Lewis, Mavis McCowan, Ann Mosley, Nancy Robertson, Marlene Settles, Kristian Smith, & Brittany Tarrell

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