

GROUP FITNESS CLASS DESCRIPTIONS

ALL LEVELS

(☺) Indicates “all level” classes that are a great place to start!

Basic Step (60 Minutes) ☺

No fancy footwork – basic STEP patterns with options shown for regulating intensity. 45 indicates a 45 minutes class.

+ indicates core/abdominal training included.

BODYJAM™ (60 minutes)

Enjoy the sensation of Dance... An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat.

BODYPUMP™ (60 Minutes)

It's the “original” Barbell strength and muscular endurance class set to music. You've never experienced weight training like this before! Xpress = 45 minutes.

BODYVIVE™ (60 Minutes) ☺

BODYVIVE™ is a low-impact workout that lets you choose just how hard you work. Using Vive balls & bands you're talked step-by-step through the entire, while listening to uplifting and inspiring music.

Butts N' Guts & Beyond (60 Minutes) ☺

It's here! A workout focused on progressive abdominal/core and lower body training. Go “beyond” with a burst of cardio training.

Cardio45

Simply Cardio! Looking for a little more choreography? This class offers just enough choreography in a variety of modes - classic low impact, Step, or even the BOSU might be utilized.

+ indicates core/abdominal training included

Cycle Road Trip (RT) (45 Minutes)

This indoor cycling class takes you on the road, flats, hills and sprint drills will improve your overall fitness even in the “off season.” “60” indicates a 60 minute class.

Cycle XT (60 minutes)

Keep your body guessing and add variety to your typical cycling workout. Crosstrain with cardio intervals on the bike and conditioning intervals off the bike. NO CYCLE SHOES.

Moderate Moves (45 minutes) ☺

If you're looking for a gentle approach to exercise, then this class is for you! Fundamental cardio patterns are combined with exercises designed to develop body awareness, stability, and confidence in movement.

Step I.T. (75 Minutes) ☺

Intervals of cardio step training and conditioning blend together to create a challenging and dynamic workout. (Monday pm = 60 minutes)

Strong & Lean (45 minutes)

Not your traditional strength training...get strong and lean with alternative training techniques and tools. A total body blast that changes the way you train.

Zumba™ (60 Minutes) ☺

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ditch the workout, join the party!

Zumba Basics™(45 minutes) ☺

Learn the basic Zumba patterns that will have you movin' and groovin' on a journey around the world with spicy Latin rhythms and funky world beats.

INTERMEDIATE TO ADVANCED LEVEL

All Terrain XT (60Minutes)

Experience group fitness on a new terrain. An 8-week departure from traditional studio-based training beginning Sept. 16 – Nov. 4. Join Kim Kellagher for an explosive hour of athletic training and drills that will leave you with an all new respect for the great outdoors.

Extreme Step (60 Minutes)

Horizontal, vertical, 2-step..... Experience the versatility of the STEP with challenging STEP patterns and athletic moves to take your workout to the next level! Abdominal & core work included.

Kickbutt Boxing (60 Minutes)

An energetic whole body workout using kicks, punches, strikes and blocks to challenge your fitness level and reshape your body. Incorporates contact hits in a drill-based format.

BODYCOMBAT™ (60 Minutes)

The original martial arts based fitness program with moves drawn from karate, taekwondo, kung fu, kickboxing and tai chi. Each class is choreographed to the latest music, providing an exhilarating exercise experience.

CXWORX™ (30 minutes)

At the intersection of science and personal training lies a new kind of group fitness workout...a workout that will tighten and tone your abs, back and butt like nothing else before.

R.E.V. (60 minutes)

Resistance, Endurance, Variety A combination class that brings athletic cardio moves together with strength training. The variety will challenge you and keep you coming back for more!

S.M.A.C.K.Down (60 Minutes)

It's Step! It's Muscle! It's Athletic! And it's infused with Cardio Kickbox. This challenging cardio workout adds a taste of kickboxing, athletic step drills and a conditioning element for a total SMACK!

MIND-BODY

Yoga Flex (60 Minutes) ☺

This innovative class is a unique blend of Ashtanga and Hatha Yoga, combined to improve core strength, flexibility, posture, stability and coordination.

Pilates Mat (45 minutes) ☺

Pilates mat is a series of exercises developed by Joseph Pilates which focuses on the “powerhouse” or core of the body to develop strength, increase flexibility, improve posture and create a balanced physique. *CONSULT THE INSTRUCTOR IF YOU HAVE PHYSICAL LIMITATIONS OR INJURIES.*

AQUATIC PROGRAMS

Aqua Bootcamp (45 Minutes)

A combination of cardio drills and strength training exercises utilizing weights, noodles, and the step. This class challenges exercisers of all ages and physical shape. Whether you are a recreational swimmer or you have an extensive aquatic background, this class will PUSH YOU TO YOUR LIMIT.

Aqua Combo (45 Minutes)

"Aqua Combo" is an invigorating cardiovascular fitness class open to all fitness levels. Participants will use buoys, noodles and/or steps in all depths of water.

Aqua Step & Sculpt (45 Minutes)

30 minutes of aqua step choreography has been enhanced by adding 15 minutes of strength training to the workout.

Aqua Zumba® (45 Minutes)

The “pool party” workout for all ages. Fusing latin-inspired dance moves and fitness with latin rhythms, you will Cumbia, Salsa and Merengue your way to good health.

Deep Water Athletes (45 Minutes)

This class pushes cardiovascular training and core strength to the next level. It's the perfect way to cross train. Geared for the intermediate to advanced fitness enthusiast. Flotation belts provided.

Martial Waters (45 Minutes)

Class is a unique blend of kickboxing and martial arts structured for a fluid workout. Expect a high intensity, power-packed circuit that fosters strength and grace.

Splash A.C.T. (45 minutes)

Aqua Circuit Training invites participants of all fitness levels to enjoy interval training in the pool. Challenge your cardio by travelling to deep water and back to shallow.

Participants will move station to station for 45 minutes.

Walk & Sculpt (45 Minutes)

Features 2 minutes of water walking followed by 2 minutes of stationary muscle sculpting. Get your cardio training and strength training done in one, 45 minute class.

Walking Waters (45 Minutes)

This class offers a gentler approach to fitness. The class focus is on better balance, improved posture and joint range of motion.

For additional information contact
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