

# Aerobic Group Exercise Class Descriptions

Instructors Certified by ACSM, AFAA, ACE or COS



## 20/20

Combines a segment of cardiovascular exercise, a segment of strength training, ending with core training. This total body workout is open to all fitness levels.

### Breathing Easy (Pulmonary Rehab Phase II)

Graduation from phase 1 Pulmonary Rehab or doctor's referral required prior to participating in this class.

### Circuit Step

3-5 minutes of stepping with 1-3 minute intervals of weight resistance training.

### Circuit Strength

A circuit class with a combination of athletic and dynamic movements. This total body workout contains an aerobic workout with elements of muscular endurance. All fitness levels welcome as you can work at your own pace.

### F. I. T. (Fitness Interval Training)

F.I.T. combines strength training with cardiovascular intervals. This class will focus on challenging your balance, stability and core strength. Utilizing gliders, resist-a-balls and BOSU balls, this class is essential for strengthening and conditioning your core.

### Flex-N-Tone

A full body weight resistance class utilizing variations of props to tone and sculpt the entire body. Appropriate for all fitness levels

### Functional Fusion

A self-progressive class focusing on development of the upper and lower extremities, body positions, movement skills, core strengthening, flexibility, stability, and balance. Perfect for anyone wanting to improve basic conditioning and strength.

### Healthy Heart (Cardiac Rehab Phase III)

For the post cardiac rehab patient and individuals with special cardiac needs.

Graduation from phase 2 Cardiac Rehab, doctor's referral or a fitness evaluation is required prior to participating in this class.

### Instructor's Choice

This class incorporates a wide variety of aerobic and strength training activities. The instructor will choose from the following formats: R.I.P., 20/20/20, Tabata, Circuit, or Box-N-Kick.

### Jiu-jitsu

A self defense and martial arts oriented class which emphasizes techniques including; balance, leverage, deflecting attacks, maintaining proper positioning and escaping holds.

### Junior Jiu-jitsu

Children ages 5 to 15 years will learn the basic fundamental techniques of Brazilian Jiu-jitsu with emphasis on improving balance, flexibility, coordination and cardiovascular capacity.

### Karate

Kenbudokan Goju Ryu, a traditional martial art that stresses body conditioning, self-defense, self confidence and self discipline.

### Kids Karate

Kid's program teaching fundamental self-defense techniques in a game-oriented atmosphere.

### Line Dancing

Needs no partner. Popular line dances are explained, demonstrated and practiced.

### Low Impact

Lower intensity class for the majority of those starting an aerobics program.

### Osteo-Pilates\*

Improve strength, balance and flexibility by coordination of breath and movement. Aides in prevention of osteoporosis. Good for beginners to intermediate levels. Safe for those with osteoporosis.

### Pilates Mat\*

Mat class emphasizing Pilates principals and exercise. Class pace and exercise accomodates more advanced abilities. Props may be used to enhance the workout.

### PIYO

Combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of Yoga. A true fat-burning low-impact workout that leaves your body lean and defined.

### R.I.P. (Reps – Integration – Power)

RIP is a barbell workout that incorporates functional movement and strength training for both men and women alike. Every muscle movement (exercise plane) is challenged during this motivating exercise format.

### Senior Fitness

Lower intensity aerobic class for seniors and those with limited physical abilities.

### Sit-N-Be Fit

30-min. class instructed from a chair, for individuals with limiting physical conditions. Includes activities designed to improve strength and flexibility, as well as enhancing healthy attitudes for fun and fitness.

### Spinning

Cardiovascular and endurance class using a stationary cycle. Appropriate for all fitness levels as intensity is individually controlled.

### Spin-Circuit

Combination of cardiovascular intervals of cycling with intervals of weight resistance training. Guaranteed to give you a great full-body workout.

### Steady Steps

Balance and coordination class focusing on strengthening the body's different balance systems by performing specialized movements in a circuit format. Includes regularly scheduled balance assessments to track progress.

### Tai Chi & Tai Chi Basics

This ancient art has been shown to have beneficial impact on the heart, bones, nerves, muscles, immune system and the mind. Tai Chi uses structure, flexibility, fluidity and power.

### Think Fit

This senior circuit class will include group functional exercises that will incorporate flexibility, stamina, balance, coordination, muscular strength and cardiovascular endurance. All fitness levels are welcome.

### TLC Afterschool Kidz Klub

Class for children ages 5 to 12 years focusing on exercise through fun activities, play, games and sports. Registration is required. Call 624-3416 for more information.

### Yoga\*

75-minute class of specific Hatha style yoga incorporating different poses to explore the inner structures of the body, mind and spirit.

### Zumba

A mixture of body sculpting movements and easy to follow dance steps to Latin and international music. Classes feature interval training principles to a combination of fast and slow rhythms that tone and sculpt the body to maximize fat burning potential.

All classes are 55 minutes unless otherwise noted.

Please do not set up Spin bikes or other equipment more than 15 minutes prior to class.

\* This class requires you to be on time. For your safety, you will not be permitted to participate in Yoga or Pilates if more than 5 minutes late to class.

\$\$: Payment and pre-registration required.