

## **CLASS DESCRIPTIONS**

**BACK TO BASICS-** Why should the kids have all the fun outdoors? Try a new challenge with this outdoor plyometric workout. We will run, sprint, jump, hop, use our own body weight and partners to push ourselves to new limits. This class is great for those who want a break from the same old routine. Bring water, large towel and soccer/basketball to each class.

**BOSU CARDIO** - BOSU (Both Sides Up) Cardio will give you a great heart pumping workout as well as challenge your balance. The BOSU looks like the top of a stability ball and has a platform bottom. The air filled dome creates less impact when stepped on and is fun to bounce on. Weight training on the BOSU will be included also.

**CARDIO AND WEIGHTS** - This workout will consist of 30 minutes of strength training highlighting a different muscle group each week. We will finish the class with 30 minutes of fun step patterns.

**CIRCUIT COMBO** - Join this 45 minute class working efficiently by moving from station to station for strength training combined with bursts of cardio in between. Go back to the days of hopping, skipping and jumping rope.

**EXTREME TRAINING** - This class will incorporate various cardio, toning, kickboxing and boot camp techniques. You will see improvements in your balance, agility, coordination and strength. We will use the step, agility ladder, BOSU, and jump rope to increase your heart rate. No one class will be the same! Come ready to sweat!

**GET STRONG** - Muscle mass helps increase your metabolism. Participate in Get Strong to gain muscular strength and reap the benefits of higher caloric burn every day. We will utilize all strength training tools to work toward a lean, strong body.

**INTERVAL** - Are you looking to shed those extra pounds? This class alternates short spurts of intense cardio with strength training exercises for all body parts. Hand weights, body bars, and stability balls will be used along with heart pumping cardio exercises that will have you sweating in no time.

**LOW IMPACT** - This class consists of toning, firming, stretching, and low impact aerobics. Designed to improve and maintain muscle tone and flexibility between other aerobic activities. Routines will be easy to follow and emphasis will be placed on repetition of movements. Come have fun to a wide variety of music. Great for beginners and seniors too!

**MUSCLE MIX** - This class will have a strong emphasis on sculpting all major muscle groups with short bursts of fat burning cardio mixed in. We will keep the choreography simple with a focus on proper form. We will enjoy using a large variety of equipment to ward off boredom. This class is appropriate for all fitness levels.

**STEP & ABS** - Are you just starting out or are you an experienced stepper? Either way, you will leave this class feeling aerobically satisfied! This class begins with a short warm up and is followed by a 40 minute step routine. After a short cool down, we will focus on firming up those abdominal muscles.

**STEP & SCULPT** - A moderate intensity workout that alternates between step and strength training. Basic step patterns are included in between strength training segments to maintain your heart rate while working those muscles!

**STEP GAMES** - This fun class incorporates a variety of step, interval, circuit, and multiple step formats. This class will challenge you physically while being creative and fun. Some abdominal and strength work will be incorporated depending on the format of the day.

**SUPER SCULPT** - This resistance class has the energy of an aerobic workout packed into a strength training routine. You will strengthen, tone, and define all major muscle groups and start burning fat in no time.

**TOTAL BODY BOOTCAMP** - This class is designed to give a total body workout using fitness circuits and intervals. We will use a variety of equipment such as BOSU, weights, step, and jump ropes. This fat burning workout will challenge your cardiovascular fitness and muscular endurance!

**TRIPLE S** - This class will stretch, strengthen and sculpt your body. We will focus mostly on stretching and relaxation but we will also be strengthening and sculpting all muscle groups, without any equipment. Soft music and dim lights will help to relax the body as well as the mind.

**ZUMBA** - Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.