

GROUP EXERCISE CLASS FORMATS – DECEMBER, 2011

	STRENGTH TRAINING
Strength & Abs <i>All Levels</i>	This class will combine movements that will work your abs, back while specifically focusing on strength. 30 minutes.
Final Cut <i>Intermediate/Advance Level</i>	This multi-level weight training class will develop muscular strength and endurance. You'll use a variety of resistance to challenge the muscles and define the body. 55 minutes
Body Sculpt <i>Beginner/Moderate Level</i>	Our popular all-inclusive fully body workout. Firm and strengthen the total body using a variety of equipment for resistance and functional training. 55 minutes.
Hard Core <i>Intermediate/Advance Level</i>	This class will combine movements that will firm abs and back while specifically focusing on strength. Exercises are core and Pilates-based which will improve stability, posture and muscle strength. 55 minutes
	ATHLETIC CARDIO/STRENGTH
Total Conditioning Challenge (TCC) <i>Intermediate/Advance Level</i>	This class is the ultimate cross trainer. We have combined a class of full-body training that alternates intervals of athletic and polymeric drills, sprinting, running, challenging your agility, speed, and strength endurance through an easy to follow workout. This class may also use various group stations! 55 minutes
Boot Camp (BC) <i>Intermediate/Advance Level</i>	For those who are anxious to improve and enhance speed, lean muscle mass, stamina and agility. Maximize muscle with this boot camp workout routine using hand weights and one's own body weight for push-ups, ab/back work. 55 minutes
Triple Treat <i>All Levels</i>	This is a class format of low impact cardio, with a focus on balance and strength.
Cardio Core <i>Intermediate/Advance Level</i>	This class is a blend of both cardio, functional and integrated core movement patterns. 55 minutes.
Interval Strength <i>Intermediate/Advance Level</i>	Intermediate/advanced class: This strength based class is a "fusion" of short, power intervals along with "traditional" weight work. Intervals will include TABATA training, HIIT (high intensity training). 55 minutes
Kick Box <i>All Levels</i>	Burn a ton of calories in this high intensity fun kickboxing class. Easy-to-follow combinations of upper-body strikes, lower-body strikes, blocks and athletic drills for a killer cardio workout. 55 Minutes
Circuit Training <i>All Levels</i>	Circuit interval training with lots of twists and surprises. This class will have interactive circuits that will push and challenge you!
Beginning Spin <i>Beginner/'Tween & Family</i>	If you've never taken a spin class this class is for you! Class format will cover the basic fundamentals of spinning, proper bike adjustments, heart rate and cadence information. This class is designed for Beginners, 'Tweens and Family Fun! 45 minutes
Spin & Abs <i>Intermediate/Advance Level</i>	This cycle class will burn a ton of calories, increase lower-body strength and improve your cardiovascular endurance. You will be inspired by music through aerobic endurance intervals, a series of flats and hills, strength and speed play followed by 15 minutes of Abdominal work. 75 Minutes
Spin <i>Intermediate/Advance Level</i>	This cycle class will burn a ton of calories, increase lower-body strength and improve your cardiovascular endurance. You will be inspired by music through aerobic endurance intervals, a series of flats and hills, strength and speed play. Challenge the body and refresh the mind. 55 Minutes
	CARDIO /STRENGTH
Just Cardio <i>All Levels</i>	This is a straight cardio class! This class may include intervals of athletic and polymeric drills, challenging your strength endurance through an easy to follow workout. 55 minutes
Ball Fusion <i>Intermediate Level</i>	This class combines easy to follow choreography and the stability ball to get your heart rate up and keep it there. Each class will include toning and balance using the stability ball.
Target Intervals <i>Intermediate/Advance Level</i>	Join us for a class that features short bursts of cardio, strength and core work to enable you to experience a challenging yet comprehensive work-out! Class will incorporate all types of equipment to allow you to work at your highest level of fitness YOU can achieve!
Total Body Workout (TBW) <i>All Levels</i>	Hit all the major muscle groups with this class. Class format may consist of circuit stations, basic STEP movements, weights and tubing. 55 Minutes
Mixer <i>Intermediate/Advance Level</i>	This class will surprise and challenge you with a blend of formats! The instructor will put together a combination of your favorite class components for an awesome cross training workout. 55 minutes
Step <i>Intermediate/Advance Level</i>	Enjoy a traditional step experience that incorporates intermediate-level choreography set to great music and focusing on aerobic endurance. 55 minutes
Step & Abs <i>Intermediate/Advance Level</i>	Traditional step experience that incorporates intermediate-level choreography & core workout. 55 minutes
Circuit Step <i>Intermediate/Advance Level</i>	In circuit step you will enjoy intermediate-level step choreography while also being challenged to your anaerobic threshold, and beyond, with intervals of athletic drills.
Low Impact Cardio Sculpt <i>All Levels</i>	A fun cardio workout borrowing all types of athletic and dance styles moves. Class will also include weight and core work. 55 minutes
50/50 <i>Intermediate Level</i>	This intermediate class starts off with 30 minutes of cardio followed by 30 minutes of basic strength training and core workout. 55 Minutes
	CHOREOGRAPHIC CARDIO
Cardio Jam <i>Beginner/Advance Level</i>	Fresh and funky. A heart-pounding workout to upbeat, hip-hop music. Learn cutting edge moves in a non-intimidating environment. Class will conclude with an abdominal workout for maximum results. 55 minutes

Cardio Dance <i>All Levels</i>	A fun cardio workout borrowing all types of dance styles which may include; tango, salsa, modern ballet, jazz, swing and lots of fun moves!
NIA <i>All Levels</i>	Nia is a workout which blends Eastern and Western Martial Arts (mindful precision) and Dance Arts (personal expression) which are dynamic, expressive systemic movement. 55 minutes
ZUMBA <i>All Levels</i>	Zumba combines high energy and motivating music with dance moves and unique combinations from salsa, tango, flamenco, & other international dance styles.
	BEGINNER LEVEL WORKOUTS
Sit & Be Fit <i>Beginner Level</i>	While seated in a chair, you will use arm and /or leg movements to increase and improve flexibility, range of motion, strength and overall fitness. You will see functional improvement in daily activities. 45 minutes
Seniors On Strength (S.O.S.) <i>Beginner Level</i>	This class will be 45 minutes in length geared toward the senior member. A low impact-sculpting format. Focusing on balance, strength and stretching.
	FITNESS/MIND BODY
Beginning Pilates <i>Beginner Level</i>	An exercise discipline of stretching and strengthening movements that focuses on your body's core or "powerhouse". We recommend you commit weekly as you learn this method. 55 Minutes
Intermediate Pilates <i>Intermediate/Advance Level</i>	Take what you've learned in Beginning Pilates to the next level! 55 Minutes
Pilates w/Apparatus <i>Intermediate/Advance Level</i>	Stretching and strengthening movements that focuses on your body's core or "powerhouse". This class will incorporate apparatuses such as medicine balls, bosu, or light hand weights. 55 minutes.
Functional Strength Yoga <i>Intermediate/Advance Level</i>	A continuous flow of strength based yoga postures designed to increase functional strength and flexibility. Focusing proper postural alignment and core strength.
Sunrise Yoga <i>All levels</i>	This is dedicated for you early risers. This class will teach breathing techniques and beginning Hatha yoga postures. Hatha yoga poses together in a smooth and flowing way to teach safe, effective, and graceful flow-style yoga classes. 55 minutes
Hatha Yoga <i>Beginner Level</i>	Come and learn the basics to a Hatha Yoga class. This class will teach breathing techniques and beginning Hatha yoga postures. Hatha yoga poses together in a smooth and flowing way to teach safe, effective, and graceful flow-style yoga classes. 55 minutes
YogaLattes <i>All Levels</i>	Yoga and Pilates are now joined at the hip. Both practices involve attaining specific postures. Both emphasize correct breathing and emphasize meditative mindfulness. 55 minutes
Buff Yoga <i>Intermediate/Advance Level</i>	Create long and lean muscles. This yoga inspired workout will add resistance equipment to powerful yoga poses. 55 Minutes
Vinyasa Yoga <i>All Levels</i>	A flowing series of postures linked by breath-synchronized movements (vinyasa) designed to develop body/mind awareness, build strength and endurance and increase flexibility. 75 Minutes
Hot Yoga <i>Intermediate/Advance Level</i>	This vigorous yoga class includes a standing, spine strengthening & seated poses in a room heated to 95 degrees. The heat enables students to deeply cleanse the body, while going deeper into the poses. Please bring two towels and at least one bottle of water. 75 minutes
Hot Vinyasa Yoga <i>Intermediate/Advance Level</i>	Taught in the Baron Baptiste tradition, this athletic class is accessible for students of all levels. Using an energetic vinyasa flow as foundation, this class focuses on using breath to connect body, mind, and practice. The room is heated to around 90 degrees to help facilitate this integration of sweat, strength, and spirit. This class is 90 minutes
Sports Yoga <i>Intermediate/Advance Level</i>	This yoga class is geared for the athlete or fitness enthusiast seeking to incorporate stretching and toning into their workout routine. 55 Minutes.
Flex Fusion <i>All Levels</i>	This efficient total body workout utilizes controlled yoga-inspired movements to build strength, flexibility, muscular balance and core strength. The perfect union of Pilates and yoga 55 Minutes
Gentle Yoga <i>Beginner Level</i>	A slow-paced class focusing on easy stretching and light strengthening, breath work and relaxation adaptable to any health condition. 55 Minutes

WATER CLASS FORMAT DESCRIPTION

LATIN WATER	Challenging water-based workout that integrates the latin music into aqua fitness. Latin dance rhythms that are incorporated into this class. Exercise movements include hamstring curls, kicking, twisting, clapping and some deep water.
DEEP WATER RUNNING	This class is held in the "DEEP WATER" the perfect cross training that will offer a high intensity cardiovascular workout while giving you joints a break. 55 minutes
AQUA FIT	This class offers a gentle workout in the warm water pool. Challenge your flexibility, range of motion, strength and overall fitness. 55 minutes
CARDIO WATER	This water class format focuses on Aerobic Conditioning training and resistance. 55 minutes.
WATER WORKS	Water fitness training with cardiovascular and muscular strength endurance formats. 55 minutes
WARM WATER PILATES	All fitness levels will benefit from the core stability training in the warm water pool. The class Promotes enhanced breathing techniques, muscular balance and reduces tension. 55 minutes
CORE & BALANCE	Core Stability & balance exercises in the warm water pool. 55 minutes updated 12.11.11