

# Class Descriptions

All fitness levels are welcome to most classes. When taking your first class, arrive early and inform the instructor. Instructors will demonstrate modifications. You are encouraged to go at your own pace and modify whenever necessary.

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## **RULES AND SAFEGUARDS TO INSURE YOUR SAFETY:**

- Sign up for class if you want to participate. You may sign in for one class at a time.
  - Exercise shoes and proper attire are required.
  - Use locker room to store loose articles. Do not leave belongings unattended on gym floor.
  - Do not enter Group Exercise Room once the class has started. Warm-ups are important to prevent injury. No exceptions.
  - Do not enter the Group Exercise Room until the current class has ended.
  - Let the instructor know it is your first time in his/her class.
  - Be considerate to other member's exercise space. Do not crowd a member who has arrived before you.
  - Do not do your own routine. This is discourteous and distracting to your fellow members and instructors. If you have a medical condition that prevents you from following the routine, please consult the instructor.
  - Keep conversation to a minimum. This is discourteous to everyone.
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## **Specialized Class**

Inquire at the front desk for details on our fee based Specialized Classes. Our Specialized Classes are led by fitness professionals with extensive training. Participation in fee-based classes is kept to a minimum so that the instructor can give more personal attention to the attendees.

## **Boot Camp** (45-50minutes)

Increase agility and strength in this intense total body conditioning class.

## **Cardio Kickboxing** (45 to 50 minutes)

This class will teach you how to kick and punch effectively while still getting an awesome cardio workout.

## **Cardio Sculpt or Cardio Sculpt/Stretch** (45 to 50 minutes)

This class is designed to improve cardiovascular fitness and muscular strength simultaneously. Abdominal and flexibility exercises are included for *total body conditioning!*

## **Group Strength Training** (45 to 50 minutes)

Total body workout utilizing weights or bands for resistance. Designed to strengthen and tone all major muscle groups of the body.

## **Interval Training** (45 to 50 minutes)

This class really gets that heart rate up! Combining high and low intensity intervals in a single workout. Trains aerobic, anaerobic, and muscular systems.

## **"Lite" Aerobics** (45 to 50 minutes)

A gentle workout designed around the needs of the beginner exerciser and mature population. Includes warm-up, cardiovascular conditioning, and flexibility exercises. "Lite" Step/Stretch is a gentle version of our Step class followed by stretching exercises for flexibility and relaxation.

## **"Lite" Stretching** (45 to 50 minutes)

For beginners and active older adults. Following an active warm-up, a stretching format that focuses on the whole body has been designed to improve flexibility, balance and stability.

## **"Lite" Toning** (45 to 50 minutes)

A gentle workout for the beginner exerciser and mature population. Includes warm-up, muscle strengthening, and flexibility exercises.

## **Low Impact** (45 to 50 minutes)

All movement patterns are performed with one foot in contact with the floor at all times. Upper body movements are used to increase or decrease workload. A great workout without added stress to your joints.

## **Step or Step2** (45 to 50 minutes)

A low impact cardiovascular workout utilizing a Step. This class consists of stepping up and down on a platform in a variety of creative patterns. Step2 offers more challenging patterns, definitely for the more advanced stepper.

## **Step/Sculpt** (45 to 50 minutes)

This class gives you 30-45 minutes of cardiovascular step work followed by muscle toning exercises.

## **T.A.G.** (45 minutes)

Thighs, Abdominals, and Glutes! This class concentrates on those hard to tone areas.

## **Upper Body** (45 minutes)

Utilizing weights or bands for resistance, this class is designed to strengthen and tone all major muscle groups of the upper body.

## **Yoga** (45 to 50 minutes)

Hatha Yoga is taught focusing on developing flexibility, strength, balance, and relaxation.

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## **BEGINNER OR RETURNING MEMBERS....**

If you are just beginning an exercise program or returning after a break, we have listed a few classes for you to try. Remember to start slowly and go at your own pace. If these classes don't fit into your schedule, try another class and modify to your fitness level.

**CARDIO SCULPT, "LITE" CLASSES, GROUP STRENGTH TRAINING, LOW IMPACT, STEP/SCULPT, T.A.G., UPPER BODY, YOGA**