



# GROUP FITNESS CLASS DESCRIPTIONS

## **Adrenaline**

All levels! Cardio drills combined with strength training for 1 workout & 1 way to change your body!

## **Aqua Splash Fit**

Fun in the pool! Cardio & conditioning classes set to lively music & easy flow moves. Swimming ability not required.

## **BARRE**

All Levels! Learn barre techniques including ballet, pilates & yoga. Highly effective isometric movements that can help improve postural alignment, core strength, and enhance mobility.

## **BODYPUMP**

## **Cardio Dance**

All Levels! Join the fun in this easy to follow aerobic dance class for adults of all ages!

## **Cardio Kickboxing**

All Levels! A combination of dance & martial arts that will zap calories, improve endurance & cardiovascular fitness, define your muscles & shred your abs.

## **Chair Yoga**

## **DancEnergy**

All levels - Energetic, fun and challenging class; a series of choreographed dance routines set to great music and many styles of dance.

## **DancEnergy Beginner**

This class offers the consistency of dancing the same 12-14 routines week after week! You'll be mastering the steps in no time!

## **DancEnergy Intermediate**

All levels! This class is for veteran dancers. It reaches into the archives of 30 years of DancEnergy choreography & challenges your memory & your body.

## **Drums Alive**

All Levels! Have fun & get your heart pumping as you drum to choreographed movements. Powerful & motivating music & drumming rhythms will get your feet stomping & your body moving.

## **Fit Forever Cardio & Strength**

All Levels! This class is easy-to-follow aerobics & senior specific muscle toning. An effective way to burn calories, strengthen muscles & improve balance.

## **Fit Forever Strength**

All Levels! Aging to perfection is fun! An active class using hand weights, tubes, body bars, Pilates circles; gentle exercises to increase muscle strength, bone density, balance, flexibility, joint stability & range of motion. Slower pace for those coming off an injury, mobility issues, senior or just starting to exercise.

## **Functional Fitness**

All Levels! Move efficiently & optimally. Combines aerobic conditioning, strength training, core conditioning & flexibility exercises. Focus is on building a body capable of doing real-life activities in real-life positions.

## **Functional Fitness Xpress**

All levels - A 45 minute version of our new Functional Fitness class. Fundamentals of yoga

## **H2O Deep**

All Levels! Deep water cardio & body sculpting workout designed for a challenge. Effective & safe combinations of movements to strengthen the heart & tone the body! Should be comfortable in deep water - flotation belt provided.

## **Knockout**



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### **Pilates**

All Levels! Pilates emphasizes the balanced development of the body through core strength & flexibility to support efficient, graceful movement.

### **Pilates Sport**

All Levels! Using magic circles, resistance bands & weights, the perfect tools to bring better performance, injury prevention & balance & stability into your everyday life!

### **Power Yoga**

All Levels! A true immersion into your physical & mental self. Come to reset, refresh & realize your true potential on & off the mat!

### **Restorative Yoga**

(All levels) A form of yoga that helps to relax & rest deeply & completely. Use of props makes it easier for you to maintain balance while you are stimulating & relaxing your body. Gentle assists & a guided meditation will encourage both your mind & body to unwind.

### **RESULTS 3C**

All levels - Get whipped into shape with the latest in modern cardio, conditioning and core training.

### **Sculpt & Stretch**

All Levels! Tone & define your body to perfection and delight your muscles with self-massage & soft tissue work on the foam rollers!

### **Senior Strength & Balance**

All Levels! Fun, energetic class that helps our seasoned members work on their balance by incorporating specific core (abdominal) exercises. May sit during class.

### **SparBarre**

### **Spin & Sculpt**

All Levels! Combination cardio & sculpt class is a calorie torching, fat burning, cycle workout set to motivating music with intervals of strength & core training exercises off the bike. A fun, fast paced, total body workout!

### **Spinning**

All Levels! Come ride with us! Official Spinning facility with Certified instructors through Mad Dogg Athletics.

### **SPINNING CORE**

All Levels! A combo class taught by certified spinning instructor & personal trainer, Annalisa DiPalma. A combination of spinning with core training that strengthens the muscles needed for more efficiency during spinning, outdoor cycling, sports, recreation & everyday life!

### **Spinning Shorter Sweeter**

All Levels! A 45-minute version of our popular Spinning class!

### **Spinning TRX Explosion**

All Levels! 30 minutes of calorie crushing ride & 30 minutes of TRX targeted training, sculpting using your own body weight as resistance & core workout. Improve strength, balance & flexibility in a crazy, fun, cardio & core-driven full-body toning class.

### **Strong Women**

All Levels! Based on clinical research, weight training classes increasing overall strength, flexibility & improving bone density; tone & firm. Help prevent osteoporosis, improve balance, posture & stamina

### **Sweat & Burn**

All Levels! High energy, non-stop, workout designed to make you sweat! First half enjoy cardio-increase heart rate, build endurance & strength for a maximum caloric burn! Second half change those hard to hit areas with resistance & build lean muscle!



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### **Tabata Strength & Core**

Intermediate/Advanced Each Tabata set includes 20 seconds of strength training followed by 10 seconds of rest, repeated for a total of 4 minutes & finishes with 1 minute of rest! Best for advanced exercisers comfortable with intense training. End with 15 minutes of abdominal shredding exercises!

### **Total Body Cutz Express**

All Levels! 30 minute version of popular Total Body Cutz class.

### **Zumba & Toning Combo**

All Levels! A combination class with the excitement of Zumba & a Latin inspired dance 'n tone program. Using lightweight toning sticks, similar to maracas. A challenging workout that builds coordination & muscle endurance.

### **TRX**

All levels - TRX Suspension Training is a total-body resistance workout. Suspension training is a unique and valuable training method for sports performance and general fitness. TRX exercises combine functional strength, flexibility, balance and core stability.

### **TRX Express**

All levels! A 45-minute version of our popular TRX class!

### **TRX UGI BLAST**

All Levels! A core-powered, total body sculpting workout using TRX suspension training & the UGI Ball. The goal is a strong, solid, fit body!

### **Vinyasa Yoga**

This style focuses on linking the breath with movement & often referred to as a moving meditation. Poses flow from one to another with breathe. Fun, powerful practice, modified for all levels.

### **Yin Yoga**

All Levels! A deep, passive style of yoga that helps release chronic tension & pain while teaching you how to slow down & relax!

### **Yoga Flow**

All Levels! Find balance, serenity & relaxation with this slow Vinyasa class. Escape from today's hectic life by slowing down through guided visualization to bring more peace into your life

### **ZUMBA**

All levels - Zumba is a fusion of Latin and International music with dance themes creating a dynamic, exciting and effective fitness system.