

Group Fitness Class Descriptions: JULY 2018

20, 20, 20: Three workouts in one! This class combines 20 minutes of Zumba, 20 minutes of cardio kickboxing, and 20 minutes of toning and stretch. The ultimate challenge and total body workout all in one class!

Align & Refine Yoga: This yoga class is designed to help you explore breathing and postures using an anatomical focus utilizing props to help in alignment for each posture. Special focus on adjusting poses to your individual needs and abilities while building strength and stamina in the postures. Inversions and prep for inversions are included as a regular part of this practice.

Anything Goes: Every class is something different and you never know what you're going to get because it is a surprise every time. With hi-lo, step, sculpting, lifting or a little bit of everything, you'll get a great workout for an entire hour.

Barre: A totally unique workout that fuses Pilates, yoga, aerobics, and strengthening exercises. Enjoy a fun and dynamic workout to sculpt your body and give you those strong, long and beautiful muscles.

Cardio Dance: Cardio Dance uses a variety of music and dance steps including Latin, Hip-Hop, and ballroom. Dances will alternate between easy and more complex. Burn fat, blast calories! No experience and no partner necessary.

P90X & CORE DE FORCE LIVE: This group-focused class is 30 minutes of MMA style shadow boxing, and 30 minutes of strength training and conditioning work in small groups or teams. It is a total body workout using a variety of cardio drills, core work, and strength training to build strong, lean muscles. Work out at your own pace, no need to move to the beat.

***Cycle:** Grab a bike and join the ride as you climb and sprint your way through freestyle cycle. This low impact, high energy workout will build strength, cardiovascular endurance, and burn calories. This class includes heart pumping music featuring changes of speed (RPM) and intensity (resistance) without the high level of joint impact. This freestyle cycle class is 45 minutes of high intensity riding, and 5 minutes of cool down with stretching. **SIGN UP AT THE FRONT DESK NO MORE THAN 48 HOURS IN ADVANCE. ARRIVE 10 MINUTES EARLY IN ORDER TO SET UP YOUR BIKE. BRING A TOWEL AND WATER.**

Cycle 30/Circuit 30: Class will start with 30 minutes of freestyle cycle. Then finish with 30 minutes of a total body workout circuit style. This class offers stations of cardio, strength, plyometric and core training. Maximize calorie burn and total body training.

Cycle 30/TABATA 30: Start class with 30 minutes of freestyle cycle and finish with 30 minutes of TABATA.

Flow Yoga: Connects movement with the breath in a series of flowing yoga postures. Through awareness and intention, the flow of postures is used as a vehicle to enhance the mind/body/spirit connection. **40, 60 or 75 minute classes.**

Freestyle Combat: This action-packed workout combines a series of punching and kicking combinations, this class improves strength, muscle tone and endurance. It's an intense workout for the participant who wants a challenge.

Happy Hour at the Barre: This one hour workout is designed to tighten and tone your glutes, strengthen and lengthen your hamstrings, minimize your thighs and define your abdominal muscles. By incorporating a variety of exercises and equipment, it's the perfect mix of strength and flexibility. Get ready to feel the barre burn!

HIIT: Mix of circuit training, bootcamp, and TABATA style classes. All classes are a combination of cardio, strength, and core exercises for a total body workout.

Hot Yoga: Elements of Flow Yoga and Vinyasa Yoga in a heated room (85-90 degrees). It is a warm practice, but not overwhelming. By heating the room your body is warmed which allows muscles, joints and ligaments to ease deeper into the postures, pairing movement with the breath while, at the same time, detoxifying the body. **FOR ALL LEVELS. 60 or 75 minute classes**

Jump Start Cardio-30/Muscle Pump-30: A 30 minute class built to improve cardiovascular endurance and burn fat utilizing dynamic body movements, step, plyometrics, jump rope, and boxing to increase heart rate. Muscle Pump is a full body workout using resistance/weight training to increase muscular strength. Each muscle group will be worked to fatigue in only 30 minutes.

Kickboxing Bootcamp: Prepare to sweat in this bootcamp style class with intervals of sport specific exercises and boxing training. Increase your speed, agility, and strength with drills, boxing combos, and cardio.

LAP SWIM (6:45 am – 7:45 am): Participants 18 years of age and older have pool time for lap swim. A lifeguard will be on duty at all times. Lap swim is free to members of the Family Fitness Center and the Municipal Pool. Non-members pay a \$7 walk-in fee or can purchase a Family Fitness Center punch card (10 visits for \$35). **The season for lap swim is from June 19th – August 23rd.**

Light Dance: Creative choreography and toe tapping music are the keys to this low intensity workout.

POUND: a cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix, lightly-weighted drumsticks engineered specifically for exercise, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, improving your health and rocking out!

Resistance/Core 30: This 30 minute class is designed to strengthen muscles using free weights and resistance bands. Exercises are taught at a slower pace to focus on proper form and alignment. Great for all levels.

TABATA: TABATA training is one of the most effective types of interval training. Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body.

Total Body Blast: This is a full body workout that involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is an intense workout that will have you leaving class feeling great!

Triple Threat: Three dynamic formats packed into one intense class! The class is a combination of strength, cardio and core – every week will be a surprise!

Vinyasa Flow Yoga: Vinyasa Flow yoga features a dynamic series of postures (asanas) practiced in a flowing sequence and coordinated with the breath. This challenging and exciting style of yoga helps develop balance, strength, and flexibility as it tones the body.

Yin Yoga: Invites you to slow down and create space for stillness while nourishing joints, ligaments, tendons and fascia. This class is a meditative, slow yet challenging practice with long held postures. The result is not only more lubricated and flexible joints, but also a greater sense of balance, peace, and calm. Props make the practice accessible to people of all abilities. This is an all levels class, appropriate for beginners and those new to yoga

Yoga Fundamentals: Each week will introduce a new series of yoga poses, teach the fundamentals of healthy and safe alignment, and connect poses and breath in a moving meditation. All classes conclude with a form of relaxation or meditation.

Yoga & Meditation: Cultivate mind-body integration. Class begins in seated, guided meditation. Transition directly to a 1 hour alignment based yoga asana practice.

Zumba: A Latin and hip hop flavored choreographed dance class for a non-stop, calorie burning, high energy dance workout.