

Group Fitness Class Descriptions: JANUARY 2012

Cycle Reebok: *A cycle class designed to challenge all your energy systems. Each class is full of power-packed intervals, hill climbs, sprints and drills to build endurance, strength and speed! Beginners are welcome.*

FOR ALL CYCLE CLASSES: *PLEASE SIGN UP AT THE FRONT DESK NO MORE THAN 48 HOURS IN ADVANCE.*

ALSO ARRIVE 10 MINUTES EARLY IN ORDER TO SET UP YOUR BIKE. BRING A TOWEL AND WATER.

Thank you!

Cardio Strength Interval: *A mixture of aerobic training modes alternated with resistance training for heart health and calorie burning.*

Dance Fit: *Creative choreography and toe tapping music are the keys to this dance exercise class. No special skills required. Bring your two left feet and a willing heart.*

Dance Tone: *A lower impact version of Dance Fit.*

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.*

Flow Yoga Rock: *Same as Flow Yoga only set to rock music.*

Core & Flow: *This class fuses Flow Yoga and Pilates for a challenging mind body workout.*

Gentle Yoga: *A softer, slower form of flow Yoga.*

Prior yoga experience is helpful, but not necessary, please arrive on time. Thank you!

Pilates: *Develop abdominal, lower back, hips and upper body strength to help and achieve optimal strength, flexibility, endurance and posture, without stressing your joints.*

Pilates Strength: *Same as Pilates using light weights and bands for a greater challenge.*

Step, HipHop and Strength: *Step aerobics, HipHop dance and strength 20 minutes each all in one class for a cardiovascular and toning workout.*

Step Strength: *No intervals: Step aerobics followed with about 15 minutes of sculpting.*

Step Strength Interval: *A cardiovascular workout that consists of alternating step aerobics and resistance training to create a complete workout.*

Strength Fusion: *A total body sculpting class designed to contour, tone, and strengthen from head to toe.*

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