

Group Fitness Class Descriptions - Land

BARBELL STRENGTH—A strength training workout using barbells and adjustable weights. The class is designed to work every major muscle group in your body by also incorporating the use of hand weights, tubing and body bars.

BASIC YOGA—Great class for beginners or anyone who wants a slower paced yoga class. We focus on basic classic yoga postures, alignment and breathing techniques. We explore ways to increase strength, increase range of motion and improve balance. At the end of each class we offer a relaxing recovery. Any necessary props will be provided.

CIRCUIT BLAST—Come and experience the energy of a group fitness class and build strength and stamina. This simple, easy to follow workout will give you a full body workout using a variety of equipment. A perfect start to a new you!

CORE CENTRIC—Combining the principles of Pilates and Yoga with the use of weights, bands, balls and barre. An emphasis is placed on strengthening the core and more. Variety makes this cross-training class challenging in a different way each week. Look forward to improved balance, strength and flexibility (and fun).

CIZE™—A professional dance for everyday people! Created by Shaun T, world famous choreographer and fitness trainer, CIZE breaks down professionally choreographed routines, step-by-step. Before you know it, you'll be bustin' out hip moves to the hottest music around. It's so fun, you'll forget you're working out!

EXPLOSIVE CIRCUIT—High energy class using a variety of simple but heart pumping step, plyometric and toning moves. A great class for burning those extra calories and toning ALL of those muscles.

GENTLE EXERCISE—Improve your strength, flexibility, balance and mobility. Gentle exercise is a primarily seated class that will give you all the health benefits of exercise in a relaxed and motivating setting. This is a great workout for pre-rehab/rehab individuals and for those who want to increase strength and range of motion.

LITE N' LIVELY—A gentle workout with low impact activities and light weight bearing exercises to build strength, stimulate bone growth and improve balance/posture.

LINE DANCING—Have you ever wanted to be able to join the fun at weddings or clubs when you saw people line dancing? In this program you will learn a variety of line dances that will let you join in the fun.

MULTI-LEVEL YOGA—Experience a variety of teaching styles in this multi-level yoga class. Yoga offers improved flexibility, strength, balance and the means to learn relaxation techniques to relieve stress. Modifications make this class accessible to all and appropriate props are provided.

MUSCLE IN THE MORNING—Balance out your training with a morning devoted to building strength. This class is low impact and focused on form. Stronger bones, reduced stress and greater fat loss are just a few of the awesome benefits of strength training. All levels welcome!

PILATES FIT—A deep toning total body workout focusing on correct alignment, flexibility, core strength and a beautiful posture. Pilates Fit combines original Pilates exercises with innovative fitness moves creating an exciting and fun workout.

PILOXING®—Piloxing is a unique blend of muscle sculpting standing Pilates, the cardio of boxing and the sensuality of dance all to give you a fun and high energy interval workout.

PIYO—There's no time to stop and chant in this class because you won't pose you'll push it! We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout that will burn crazy calories for a long, lean, beautiful physique. This dynamic fusion workout combines the core benefits of Pilates and flexibility of flowing yoga movements. You'll sweat, stretch, and strengthen—all in one PiYo workout!

R.I.P.P.E.D®—Resistance, Intervals, Power, Plyometrics, Endurance all in one class. Set to amazing music, this fun athletic based format will get you in the best shape possible.

RIP BARBELL STRENGTH—a high rep pre-choreographed barbell routine, using weights and a barbell. Each movement is matched to the music. It integrates functional orthopedic exercises, and uses plyometrics and power for program variety and training effect. RIP stands for REPS, INTEGRATION, and POWER.

Group Fitness Class Descriptions - Land *(continued)*

STEP—Old is new again in this intense step workout that offers the latest in step choreography. This class combines a variety of moves, intervals and creative use of the step to provide you with an amazing workout! Some basic knowledge of step is helpful.

STRENGTH and FLEXIBILITY—Strengthen and lengthen your muscles in a yoga class where we will warm up by flowing through poses, then hold poses to build strength. We'll increase flexibility by passively holding floor postures for several minutes in order to enter a safe release of the deep tissues of the body and end with final relaxation.

TRX STRENGTH, BOXING & CARDIO CONDITIONING—Challenge yourself with a full body workout for ALL fitness levels! Cardio intervals including boxing and calisthenics will get your heart rate up and keep your metabolism running in high gear. TRX utilizes a system of straps to push, pull, lift and lower your body for a total body suspension workout strengthening from the core. Every movement can be modified to each individual's fitness level and mobility.

TURBO KICK®—Ultimate cardiovascular challenge utilizing kickboxing and hip hop style moves, complete with bouts of intense intervals and specially designed strength and toning sections. Burn LOTS of calories, while having FUN with great moves and awesome music!

VINYASA FLOW—Vinyasa is a translation from Sanskrit meaning "connection". In this class we'll connect the breath with movement as we flow through the poses. Lots of variations will be shown throughout the class so the class becomes your own. Props may be used including straps, blocks and the wall. A vinyasa flow class will improve your strength, flexibility and also release toxins from the body and reduce tension. All levels are welcome.

ZUMBA®—Zumba is a fusion of Latin and International music. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance moves.

ZUMBA® GOLD—This class will appeal to those younger or older, who are new to Zumba. We have fun learning moves at a level which anyone can be comfortable with. "Ditch the workout, join the party!"

FREE DEMO DAYS! "FALL BACK INTO FITNESS"

SEPTEMBER 12

8:00AM - R.I.P.P.E.D. (GYM)
8:30AM - RIP BARBELL STRENGTH (GYM)
9:00AM - TURBOKICK (GYM)
9:30AM - PIYO (GYM)
10:00AM - CIZE (GYM)

Multi-Level Yoga at 7:45AM will still be held at YMMA.

SEPTEMBER 19

7:45AM-Multi-Level Yoga (YMMA)
9:30AM-TRX, Boxing, and Cardio Conditioning (YMMA)

Explosive Circuit and PiYo will still be held at Rec Center.

KID FITNESS

Children ages 5-11 can participate in the following classes with a Youth Membership or a Youth Fitness 5-Punch Card for \$20.

Children must be picked up inside the Rec Center at the exact ending time of class. For your child's safety, the instructor will not allow them to leave the class without seeing a parent.

KID'S YOGA- Explore the fun and safe benefits of yoga. We will practice yoga poses and play games all while building self-awareness and gaining a positive attitude toward physical activity. Guided meditation will help to calm them and ignite their imagination. This is a class that will encourage patience, enthusiasm and curiosity.

ZUMBA KIDS® - The ultimate dance-fitness party for young Zumba fans ages 5-11, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching!

2015 HOLIDAY CLASSES

Join us for special classes this holiday season. Playroom available on all days.



LABOR DAY

KICK, STRIKE & HIIT

8:30-9:30AM in the gym

Intervals of kickboxing, martial arts styled movements using a body bar and High Intensity Interval Training are sure to get your heart rate up and muscles burning during this 60 minute class! Grab a body bar on your way in! **Regular classes will not be offered.**

TURBOKICK AND BARBELL STRENGTH

8-9:30AM in the gym

Come get a head start and workout before the festivities and food! Join us for an hour of the most ultimate cardiovascular challenge utilizing kickboxing, intense intervals and body weight exercises. Class will follow a half hour of pre-choreographed barbell routine using weights and a barbell. **Regular classes will not be offered.**



NEW YEARS EVE



EXTRA SPECIAL SPOOKTAULAR SATURDAY HALLOWEEN WORKOUT

7:45AM – Creepy Crawly Yoga (YMMA)

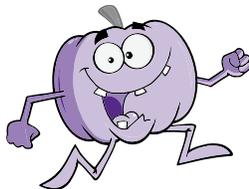
8:00AM – Eekplosive Circuit (Rec Center)

9:30AM – TRX, Boxing and Cardio Conditioning Terror (YMMA)

9:30AM – The Haunted PiYo workout (Rec Center)



HALLOWEEN



THANKSGIVING

TURDUCKEN CIRCUIT

8-9:15AM in the gym

We will be combining some of your favorite moves from step and turbo to make the ultimate pre-feast workout. For a little extra burn we will include some high intensity interval training in a circuit style class. This 3 style workout, like a turducken, will be sure to satisfy everyone. Let's start this holiday season off right, together! **Regular classes will not be offered.**



NEW YEARS DAY

R.I.P.P.E.D. and PiYo

9-10:15AM in the gym

Come burn off last year's calories and start the New Year devoted to a new you! Experience this total body workout, utilizing resistance and cardio training, which masterfully combines

Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. Class will follow with a half hour of dynamic fusion workout combining the core benefits of Pilates and flexibility of flowing yoga movements. All levels are welcome! **Regular classes will not be offered.**

SANTA'S WORKSHOP

8-9:30AM in the gym

In Santa's workshop we will be working on all aspects of fitness. We will combine strength, mind body and cardio into a robust and tough workout before the Christmas holiday begins. **Regular classes will not be offered.**



CHRISTMAS EVE