

## **Class Descriptions**

**Spinning** – Here at last! New bikes and more SPD pedals! All classes are guaranteed to get your heart rate pumping. Instructors will lead you through a variety of endurance, sprint, and strength programs always beginning with a warm-up and finishing with a complete stretch. Join the craze... come spin for the health of it!!

**Pilates** – Pilates is a total body-conditioning system that integrates the mind and body to improve muscle control, strength and flexibility. Pilates achieves quality of movement and function by creating body awareness, coordination and endurance.

**Body Sculpt** – This class is designed to include conditioning for indoor and outdoor activities. Let's get strong, flexible and conditioned together. All levels are encouraged to participate. We will demonstrate modifications and challenges for each exercise. We guarantee you a great conditioning workout. Try it.

**Yoga** – This class will introduce the student to yoga stretches and postures to increase flexibility, strength, endurance, poise, and balance. It utilizes the breath to focus internally to unite the body and mind in movement.

**Hydro-Fitness** – This enjoyable form of exercise makes creative use of the natural resistance and buoyancy of water to provide a low-impact workout that is both fun and effective. Hydro-fitness is suitable for all ages and different levels of fitness. Hydro-fitness workouts focus on all of the components of fitness: muscular endurance and strength, aerobic capacity, flexibility, and joint mobility as well as improving neuromuscular coordination.

**Quick Fit** – A 30 min. class designed for those in a hurry to get the maximum benefits of a workout in a short time. Guaranteed to get your heart beating, blood pumping, and boost your energy output. This class will always have both cardio and strength components.

**Ab/Lab** – Intense 30 min. abdominal workout! Need we say more?

**Spin & Stretch** – Participants spend half the class on the bikes increasing heart rate, heating up muscles, and increasing cardio endurance. Flexibility is then addressed by stretching and holding the warm-ed up muscles to gain range of motion around the joints.

**Beginning Modern Dance** – Get moving! Experience the body's innate sense of movement; its natural ability to step, swing, spiral, roll, fall, and suspend. Learn basic skills while conditioning the body for strength, coordination and flexibility. No dance experience needed.

**PiYo** – This class provides a unique combination of the philosophies and practices of both yoga and Pilates. Enjoy engaging your total body in a class filled with strength and flexibility challenges. No previous experience necessary.

**Step It Up** – Ready for a challenge? This step class will challenge you in a variety of forms. Cardiovascular, strength, power, and agility aspects of fitness will all be addressed. Be prepared for this fun, fantastic, friendly form of exercise.

**Tai Chi**- Combines slow, fluid movements, breathing and mental concentration to promote relaxation, balance, coordination and flexibility. The movements and postures will develop a better body structure and more energy in the body.

**Qigong**- Pronounced "chee gung", is an ancient Chinese art and science that teaches the skill (gong) of gathering, refining, and circulating the body's life energy (qi) through a coordinated system of exercise, breathing, and meditation. Qigong has three interconnected aspects: spiritual, sports, and healing.

**Spinning Strength**- This is a great class for everybody who wants to improve endurance, core strength, and muscle tone in all the right places. Spinning Strength will be a combination of spinning and strength training. Join us in Spinning Strength and get the benefits of both aerobic and strength training in one trip to the gym.

**Zumba**- Ditch the workout and join the party! Zumba routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba!

**Power Pump**- Power pump is a great way to shape up and lose body fat. It is a strengthening, toning, and conditional class with weights and it is for everyone who wants to add strength training into their aerobic workout. The simplicity of the class makes Power Pump a great starting point to develop strength and confidence. This class is ideal for both men and women.

**Belly Dance**- Welcome to belly dance. Play to the beat of the drums, learn powerful, graceful movements which tone and strengthen while learning an art of movement centuries old. This dance is the design of women celebrating women, an interpretation of music found in no other art form.

**Spin Circuit** – A great boredom buster. A circuit is a series of strength and cardio exercises repeated two to three times with little or no rest between sets. It offers more cardio benefits and it will help burn up to 30 percent more calories. Sculpt every muscle and blast fat with the Spin Circuit Training workout that will combine cardio (spinning) and strength exercises and guarantee an effective and fun workout.

**All instructors are certified in both Fitness Class Instructor and CPR/AED**

***PURCHASE PASSES IN 120 Hosaeus Rec. Center, (\$40/Semester)***

***STUDENTS MUST HAVE VALID ONE-CARD***