

# *Aerobics Descriptions*

## *Classes for All Fitness Levels*

**20/20/20:** 20 minutes sculpting, 20 min abs and 20 min instructor choice.

**Sculpting:** a strengthening and toning workout using hand weights and the fitball.

**Cardio Tone:** aerobics combined with hand weights for a total body workout.

**Chiseled:** get a chiseled and toned body with this sculpting class that will focus on different muscle groups each class.

**Step Fusion:** step combined with aspects of kickboxing, plyometrics, strength training and conditioning while using hand weights.

**Pilates:** this class focuses on strengthening, stretching, flexibility and core strength.

**Yoga:** this class focuses on stretching, relaxation, and proper breathing techniques while teaching proper yoga poses.

**TaiChi/Yoga:** a moving meditation class that includes balance, stretching, proper breathing techniques and yoga forms.

**Group Cycling:** a 40-minute workout set to music using specially designed stationary bikes. You will jump, jog, climb and sprint your way through this fun and fast paced class. Whether you're a new rider or a veteran, this class is for you!

**Aqua Aerobics:** a low impact exercise class designed to increase muscle tone and flexibility with aerobic conditioning. No swimming skills needed.

**No Impact/Tone:** a no impact aerobic class that will focus on flexibility, balance and strength. Class participants will use flex bands, exercise balls and hand weights in seated and standing positions. This class is held in the basketball court. Class time 30 minutes

## *Classes for Advanced Fitness Levels*

**Boot Camp:** test your strength, endurance and will power with this intensely fun training where anything goes.

**Turbo Kick™:** is an addictive workout that takes an hour cardio kickboxing class and turns it into a party! It's an interval-based class that combines kickboxing, dance, and sports drills set to the hottest music. Turbo Kick™ is an easy to learn and fun master!

**Club Intensity:** is an optimum training program that enhances your level of performance in flexibility, core stabilization, balance training, cardiovascular and reactive training and speed training in a group atmosphere. Test your fitness level with this fun and interactive class!