GROUP FITNESS CLASS DESCRIPTIONS

BOOMER ABC'S *(Abs, Balance, and Conditioning)*: Geared to the baby boomer who has been exercising for a while, this fitness class will feature cardiovascular & muscle conditioning as well as core strengthening, balance and stretch work. ▲

NIA: Neuromuscular Integrative Action encompasses the best of dance, martial arts, yoga and healing arts philosophies from the East and West.

BOOT CAMP: This class will challenge you with circuit training, weight training, ball sculpting, obstacle training, running/power walking and improved stretching techniques. Improve your strength, conditioning, agility and balance as well as your overall fitness.

OSTEO FITNESS: This one-hour class uses weight-bearing activities with lightweight training to improve and maintain your bone density and fitness level.

CARDIO CORE: Need a change from your regular routine? Cardio Core may be what you need to get that full body workout. Geared to the intermediate participant, this class will use a variety of cardio-based, functional movement and agility activities combined with core strengthening exercises. All fitness levels are welcome, as modifications will be given. ▲

PiYo®: This is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that is fun, challenging and will make you sweat. It is about energy, power, and rhythm.

CARDIO SIZZLE & CHISEL: A combination class of cardio activities and muscle conditioning exercises that will put a sizzle in your workout and help improve your strength and definition.

RIP®: A barbell program for men and women of all ages. The routines cater to all fitness levels by keeping it simple with athletic movements such as squats, lunges, chest presses and bicep curls.

CHISEL: A total body muscle conditioning class that will work your body from head to toe using a variety of equipment. Suitable for all fitness levels (previously Sculpt or Body Sculpt).

SUNRISE YOGA - Start your day out right with a good stretch and a calm mind. Gradually warm the body and awaken the mind in this energizing class. Designed with Hatha Yoga principles, this class is suitable for all fitness levels. Sunrise Yoga will give you energy and focus to last throughout your day.

CYCLEFIT: Build stamina, burn fat and strengthen your lower body. Cyclefit offers a challenge to participants from beginner to athlete. Ride your way to improved fitness. ▲

SUPERSET CIRCUIT: Are you highly motivated but do not have time for a long workout? Our 45-minute Superset Circuit class can help you to strengthen and shape your whole body in less time. Using a variety of equipment, different exercises and training techniques, you will increase your strength, endurance, flexibility and coordination making your workout more efficient and fun! Suitable for all ages and fitness level. ▲

H.E.A.T. *(High Energy Athletic Training):* This class uses exercises in an interval format with higher and lower intensity levels, incorporating cardiovascular, strength and flexibility training. All fitness levels are welcome. Come feel the HEAT.

TABATA FUSION: This high intensity interval training class will focus on combinations of strength and cardio intervals using multiple exercises including cardio and body weight drills and weights. This class is the perfect fusion of strength and cardio to ensure that you get a full body workout. ▲

GROUP FITNESS CLASS DESCRIPTIONS

H.I.I.T.: High Intensity Interval Training)**:** Maximize calorie loss, improve your endurance and strength, all in one class! This interval-based class is a complete workout, encompassing high-intensity cardio bursts with full-body strength training exercises. Suitable for all ages and modifications for all fitness levels will be provided.

W.O.D: stands for 'Workout of the Day', that caters to all levels of fitness. The 'WOD' is a combination of body weight, cardiovascular, and functional strength training exercises. Each participant *works at their **own** level of fitness* and will be coached to complete their own personal best 'WOD' each week. Come out, get motivated and add some variety to your workout! ▲

INSANITY: This class is a high-intensity interval training, total-body conditioning program that is a predesigned, athletic, drill-based, interval workout. Each class can accommodate all fitness levels because each move can be modified in various ways to decrease or increase the challenge. ▲

YOGA STRETCH: This class is for those who want to improve their overall flexibility, relieve the day's stress and leave feeling relaxed. This class focuses on basic stretching techniques and does not specifically follow the Hatha, Ashtanga, Iyengar or Vinyasa principles. Hatha Yoga classes can be found in the current issue of the *Community Services Program Guide*.

LOW IMPACT: This fitness program includes warm-up, cardiovascular, muscle conditioning and a relaxing cool down

YOGA FITNESS: This class blends traditional Hatha yoga practice with western/modern exercise science to create an accessible, safe and inclusive yoga style that is suitable for most individuals. Combining elements of both Hatha and Vinyasa styles, this class focuses on improving strength, flexibility as well as developing a mind-body connection.

MUSCLE FUSION: an intermediate dynamic class that combines strength, agility, balance and core exercises to improve your functional fitness level. ▲

ZUMBA® FITNESS; Zumba fitness fuses hypnotic Latin rhythms and easy-to-follow dance moves to create a dynamic work out that will blow you away!

PLEASE NOTE: Our best effort is made to provide you with the most accurate information at the time of printing. However, schedules are subject to change. We reserve the right to withdraw, postpone, cancel or combine classes, limit registration or change instructors. Please check with Reception for any changes. Classes identified with this symbol ▲ are not running within this month. **Pre-registration is required. Information for Fitness Classes can be found on e-PLAY by clicking here.**

CLUB AURORA FITNESS