

## 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.

### **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.

### **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.

### **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).

### **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.

### **NIA:**

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

### **OSTEO FITNESS:**

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

### **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.

### **P90X:**

This class is a training system which highlights the principle of "muscle confusion" and complex moves (combining muscle groups). Choreographed to music, moves are timed so that participants can do as many repetitions of the move as they are capable, working at their own pace with the fun of being in a group.

### **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.

### **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.



## GROUP FITNESS CLASS DESCRIPTIONS

### **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.

### **YOGA FUSION:**

Are you feeling stressed and overwhelmed? Do you want to build mental strength and bring calmness to your day? Start your morning with our Yoga Fusion class. This class will lift your mood, help you to get into better shape and improve your well-being by reducing stress and anxiety, developing more mindfulness and promoting better sleep. Fluid conscious movements, breathing exercises, physical relaxation and guided meditation will help you find more peace and focus on just a few minutes, restoring your energy for the rest of the day

### **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*.

### **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.

