

AEROBICS CLASS DESCRIPTION

Fall 2009

ARTHRITIC AQUA – (All levels) A class designed for individuals who need specialized attention in maintaining range of motion and flexibility.

AQUA AEROBICS – (All levels) Class offers muscle toning and fat burning in a water environment that reduces impact and stress on joints. Excellent pre-postnatal workout. Class format will vary to keep participants moving around the pool!

BALANCED & FIT (Beginner & Inter) Seated on a chair or stability ball this seated workout combines cardio, strength, flexibility training and balance. (60 minutes)

CARDIO, STRENGTH & STRETCH (CSS) - (ALL LEVELS) This class offers a mix of LOW IMPACT AEROBICS, STRENGTH and FLEXIBILITY TRAINING. Have fun while building cardiovascular endurance, muscular strength, and flexibility. GREAT FOR THE BEGINNER!

CORE YOGA- (All levels) This class is based on Vinyasa style yoga which integrates the core & increases core strength, muscle tone & helps sculpt the mid section through a variety of yoga poses.

C.P.'s MUSCLE ENDURANCE – (All levels) This is like no other class we offer! Totally fatigue all major muscle groups using a variety of equipment. The class format will change every six weeks so members can see progress they are making and continue to challenge the muscles.

CYCLING- (All levels) A cardio class that will help build cardiovascular endurance, strengthen lower body and BURN-BURN CALORIES!! Pedal to a stronger body!!!!!!!

DEEP WATER (All levels) A water aqua exclusively in the deep end! 30 minutes of a true no-impact workout!

INSTRUCTORS CHOICE- (All levels) Just what it says. The Instructors chooses what class format he or she teaches in the aerobics room.

ISO CORE- (All levels) This class is a low impact workout that engages the entire body by focusing on muscle control, joint movements, balance and strength.

KICKBOXING- (All levels) 45 minutes of cardio format exercise martial arts style!

LEGS, BUMS & TUMS – (All levels) A 30 minute exercise class that targets AB'S & LOWER BODY.

MULTI-STEP – (Intermediate & Advanced) Might be double, triple or even QUAD STEP! Don't miss the fun!

PILATES – (All levels) Improve flexibility, strength, balance & posture while concentrating on strengthening the "core".

POWER YOGA - (Intermediate & Advanced) Tone, strengthens, and lengthens all muscle groups while transitioning between and holding a variety of YOGA postures. You will definitely work up a sweat! A sticky mat is recommended for this class.

SR AQUA AEROBICS – (Beg & Inter) A cardio & toning workout set in the water to reduce unwanted stress.

STEP & TONE- (All Levels) This class is a combination of step aerobics and muscle toning.

STEP 2-3RD POWER- (All levels) This cardio step class is divided into three 10 minute segments, the first segment is moderate stepping, the second segment we will pick up the pace, and the last portion has the option of adding a riser to take your workout to the next level! DON'T MISS IT!

SUPER ABS – (All levels) Open to all members in the building!!! The 15 minutes class will be devoted exclusively to those ABS!!! Men, don't be discouraged from entering the aerobic room!

VINYASA YOGA – (All Levels) In this class, learn to steady the mind by connecting body to breath. With grace, we will move through sun salutations and flow sequences. Learn the fundamentals while exploring the creative side of yoga. Get ready to stretch, breathe, and smile. After all, who said yoga had to be so serious?

YOGA LITE – (Beginners & Inter) Not ready for Power Yoga yet? Take this class first!! Learn the poses and breathing technique while lengthening muscles and strengthening your body.

ZUMBA- (All levels) Latin rhythms and easy to follow moves that feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning calories.