



GROUP EXERCISE CLASS DESCRIPTIONS

N = NO IMPACT L = LOW IMPACT HI = HIGH IMPACT M = MODERATE

STEP BASIC: Cardio step class with the intensity that you are accustomed to but basic step choreography. This step class is great for the beginner to advanced participant. Hand weights, tubing and resistance bands may be used at the end of class. See instructor for details. **HI**

LITE – N – EASY: Low impact aerobics class designed for the beginner exerciser or members interested in a complete but less intense exercise experience. **L**

NAUTILUS CIRCUIT TONING: 45 minutes of a supervised Nautilus workout.

Participants complete sets of 1 to 1.5 minutes on 18 different Nautilus machines.

YOGALATES: Do you enjoy Yoga AND Pilates? Participants will have the benefit of yoga stretching combined with the core conditioning offered from Pilates. Designed for all levels. **N**

PILATES: Participants experience a variety of stretching and strengthening exercises in this no impact class. Pilates is designed for all levels of exercisers. **N**

EXTREME PERSONAL TRAINING: XPT is personal training in a group exercise format. A group exercise instructor will take you through a 30 minute strength training program with a cardiovascular twist. XPT is a great workout for those with limited time to exercise. This class is not recommended for anyone new to strength training. **HI**

FLEX – N – STRETCH: 30 minute class devoted entirely to a total body stretch. Participants are encouraged to warm up before attending the program. Designed for all levels. **N**

BUTT – N – GUTT: 15 minutes of abs and glutes workout that follows each Tuesday and Thursday evening step class. **N**

CYCLING: Join a group instructor for a virtual cycling experience using stationary bikes. Participants pedal their way through speed and resistance workout. **N**

CYCLE/ABS: Combination of 45 minutes of cardio activity on stationary bikes and 15 minutes of abdominal training on the exercise mats. **N**

ZUMBA: This is a danced based aerobics class that utilizes Latin and international music and moves to motivate participants in a dance party type class environment. Fun for all! **M**

WAKE UP AEROBICS: Join Jack Bane, certified senior aerobics instructor, for a 25 minute group exercise class designed for active older adults who want to lose weight, improve muscle strength and agility. Workout to the music from the 50's and 60's.

L

CARDIO COMBO: Traditional aerobics combined with strength training using hand weights, resistance tubing and/or weighted bars. See instructor for details. **HI**

YOGA: YOGA means union of spirit, mind and body. Yoga utilizes breathing techniques to calm the mind, poses to build strength, flexibility, balance and concentration. **N**

LINE DANCING: 1 hour, fun filled workout. Various line dances will be highlighted during this class. Participants will benefit from a low impact format, designed to be easy on the joints. **L**

BODY SCULPTING: Participants will use hand weights and resistance tubing to engage all major muscle groups. Class will meet in the 3rd floor conference room. **N**

POWER SCULPT: Group strength training class designed to challenge all major muscle groups in 1 hour. Choreographed to music, we use barbells, hand weights and resistance tubing to help create muscle overload. **L (Starts January 17th)**