

## GROUP FITNESS CLASS DEFINITIONS:

| STUDIO CYCLING  | AEROBIC AND CONDITIONING CLASSES (CONTINUED)   |
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| <p><b>BEGINNER SPIN:</b> A great start to get oriented to your studio cycle and physically equipped for the ride ahead.</p> <p><b>SPIN:</b> An energizing fast-paced workout stimulating your speed, strength and endurance. Burn calories and define your lower body with the guidance of a motivating instructor.</p> <p><b>INTERVAL SPIN:</b> An energizing fast-paced workout stimulating your speed, strength and endurance. Cardio and weights combine to make this a great overall work out.</p> <p><b>PRO EDGE &amp; ROAD SPIN:</b> Take your spinning up a notch with this advanced cyclist routine. Previous spinning experience is encouraged as you will be working in an anaerobic zone.</p> <p><b>SPIN &amp; CORE:</b> Spin combined with core abdominal exercises designed to give you a total body challenge.</p> <p><b>SPINERVAL SPIN :</b> Spin combined with dumbbell exercises.</p>   | <p><b>CORE FUSION:</b> Total body toning focusing primarily on the core muscle group. Utilizes light to moderate weights, balls, bogo and mat pilates.</p> <p><b>CORE TRAINING:</b> This class emphasizes the importance of overall core strength in not only the abdominals, but also lower back, hips and glutes. Focuses on quality exercises geared toward core strength.</p> <p><b>CROSS TRAINING:</b> Moderate to high energy total body workout incorporating step/floor aerobics, kickboxing, intervals, weight training, balls, bands and more! Varied classes will challenge your cardiovascular system, promote exercise consistency and prevent exercise burnout.</p> <p><b>FAT BURNER:</b> Low impact and moderate intensity exercises that will burn calories, trim and tone. Fat burner is a total body workout that includes strengthening and abdominal exercises.</p> <p><b>FITNESS 101:</b> This class includes low-impact aerobics with low to moderate intensity and muscular training exercises for the beginner to intermediate exerciser.</p> <p><b>GET READY TO BE FIT:</b> If you're new to group exercises this class is for you. Different class from week to week so you can try all types of classes: sculpt, yoga, floor aerobics, spin, pilates, drums alive and others. Every class is taught at a beginner level.</p> <p><b>INTERVOLOCITY:</b> Variety is the spice in this class. A different exercise form every week at an intermediate exercise level. Whether it is sculpt, floor aerobics, interval training, circuit training, drums alive or more...you will never be bored.</p> <p><b>INTERVALS:</b> Exercises alternate between higher and lower intensities design to burn more calories. Workouts are more interesting and use cardio drills, bench, free weights, balls, bands, jump ropes, kettle bells and circuit training. Never the same routine twice.</p> <p><b>KICKBOXING:</b> Punch and kick your way into shape with a combination of boxing and kickboxing delivered in a high intensity fun environment. Guaranteed to burn those calories!</p> <p><b>POWER SCULPT:</b> A challenging body-sculpting class designed to increase strength and muscle tone using weights, resistance bands, and stability balls. We will work every muscle in your body!</p> <p><b>TURBO KICK:</b> A high intensity kickboxing workout; combining kickboxing, dance and rocking music!</p> <p><b>STEPS &amp; REPS:</b> A cardio conditioning mix encompassing step and resistance training for a total body workout.</p> <p><b>TONE &amp; TRIM:</b> A muscular conditioning work-out for most fitness levels. This class uses free weights, bands and body bars to help you get strong and defined.</p> <p><b>ZUMBA:</b> A fusion of Latin and international music designed around fitness routines that feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is easy to follow and made to burn the fat away.</p> |
| PILATES AND YOGA  |  |
| <p><b>BEGINNER PILATES:</b> Find your core! Learn the techniques, language and basics of Pilates.</p> <p><b>INTERMEDIATE PILATES:</b> Learn to effectively use your core muscles and watch your body transform. Pilates is a sure way to tone, strengthen and lengthen your body.</p> <p><b>MIXED PILATES:</b> All levels are welcome to this pilates conditioning class.</p> <p><b>ADVANCED PILATES:</b> This class takes your core training to the next level. Experience and knowledge of Pilates is required.</p> <p><b>BEGINNER YOGA:</b> This introductory class will familiarize you with proper breathing and poses in the standing, sitting and prone &amp; supine positions. Improves balance and flexibility and leans the body.</p> <p><b>VINYASA YOGA:</b> All levels are welcome to this yoga series. Class provides breath work, stretches, foundational poses, and sun salutations in a vinyasa flow (integrating breath with movement). Modifications and variations are given for all levels.</p> <p><b>TAI CHI:</b> A healing martial art that combines movement, stretching and breathing techniques to improve one's overall wellness and balance.</p> |  |
| AEROBIC AND CONDITIONING CLASSES  |  |
| <p><b>20/20/20:</b> 20 minutes of step; 20 minutes of kickboxing and 20 minutes of strength. The perfect mix geared to get up your heart rate and lengthen your muscles.</p> <p><b>55+ &amp; FIT:</b> Improve your strength, endurance and flexibility while having fun and meeting new people. A total body workout geared to burn calories and tone up your body. This class is specially designed for the older adult.</p> <p><b>BOOT CAMP:</b> A fast paced workout for the entire body. This class includes high intensity cardio, strength training, flexibility, speed, agility, and endurance work. Guaranteed to make you sweat! Designed for the well-conditioned individual.</p>   |  |

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