

## GROUP FITNESS CLASS DESCRIPTIONS

**AEROBIC FUSION:** This unique class combines the essentials of fitness through a blend of low impact floor aerobics, cardio-box elements, muscle conditioning activities, and will feature a “dance of the week” segment. \*

**CARDIO-BOX:** An intense energized workout using different punching/kicking patterns set to music. Take the stress of everyday life out in this hard-hitting and motivating class! \*

**FOREVER YOUNG:** A class specifically designed for those 50 years of age and older. Intended to improve balance, flexibility, and coordination. Get rid of those aches and pain you feel when getting out of bed in the morning. \*

**JUST ABS:** Fifteen minutes devoted to strengthening and developing your abdominal muscles– feel the burn! \*

**PILATES:** The Stott Pilates mat-work class is designed as a progressive two-month series incorporating bands and stability balls. Develops core strength, improves posture, coordination, balance, overall strength, and flexibility. Exercises can be modified for all fitness levels. \*

**POWER STEP:** A high-intensity workout using choreographed patterns on the step. (Step experience helpful) \*\*

**SPINNING:** Enjoy a fun and invigorating workout put to music. Designed to simulate outdoor cycling on a stationary cycle. Take pleasure in the benefits of a group training ride without the fear of keeping up! \*\*

**STEP:** A high/low impact class using choreographed patterns on the step. \*

**TGIF:** One-half hour of light aerobics to help burn calories and one-half hour of yoga to increase strength and flexibility. \*

**YOGA:** A relaxing and refreshing addition to your week. This class emphasizes the harmonious balance between mind and body. Various poses will be utilized to improve postural alignment, body strength, and flexibility. All fitness levels are welcome. (Extra fee and sign-ups required) \*

\* All Fitness Levels

\*\* Intermediate and Above

### REGISTRATION REQUIRED FOR YOGA CLASSES

**NEW PILATES STUDENTS: PLEASE SEE INSTRUCTOR PRIOR TO BEGINNING CLASSES**

**FITNESS HOURS: Mon-Thurs: 5:30am-10:00pm; Fri: 5:30am-9:00pm; Sat: 7:00am-4:00pm; Sun: 9:00am-4:00pm**

**CHILDREN'S ROOM HOURS: (Ages 6 months-12 years): Monday-Friday 8:45am-12:00 Noon**

**PHONE: 610-954-3177**