# GROUP EXERCISE CLASS DESCRIPTIONS

## Cardio & Strength

**UPPER BODY SCULPT** — The BACK, BICEPS, & TRICEPS are the focus in this upper body sculpting class

**LOWER BODY GAINS** — Work that lower body – HIPS, BUTT, & GUT – in this intense lower body training class

**DANCE & BURN** — GROOVE, BURN, & LEARN the steps of salsa, merengue, bachata, regueaton, and cumbia dance.

**Y – CORE** — SHRED your CORE in this intense 30 minute core focused training class

**Y – CYCLE** — Challenge your ENDURANCE and improve your HEART HEALTH through a challenging indoor ride

**ZUMBA ( BASIC)** — Challenge your ENDURANCE and improve your HEART HEALTH through a challenging indoor ride

**HIIT BOXING** — BURN and PUNCH away this stubborn fat in a high intensity boxing circuit

**HYBRID FITNESS** — MAXIMIZE results at any level of fitness with combo class of STRENGTH and CARDIOVASCULAR training.

**TOTAL BODY SCULPT** — SCULPT AND CHISEL every muscle in this TOTAL BODY strength training class

**Y – STRONG** — SCULPT AND CHISEL every muscle in this TOTAL BODY strength training class

## Low Impact/Low intensity

**BALANCE & FIT** — Perform selected movements that improve STRENGTH, BALANCE, and ENDURANCE; class is to be completed with a chair

**FIT – 4 – EVER** — Perform selected movements that improve STRENGTH, BALANCE, and ENDURANCE; class is to be completed with a chair

**FUNCTIONAL FIT** — Prepare your muscles for daily tasks by performing movements you perform at home or work

**SILVER CIRCUIT** — LOW IMPACT upper and lower body strength training designed to improve strength and endurance; may be done seated or standing

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## Mind & Body

**CHAIR YOGA**

Perform POSTURAL WORK, BREATHING, and RELAXATION all from the comfort of a chair

**YOGA FIT**

ACTIVE VINYASA; holding a series of challenging poses for longer periods of time to improve strength and flexibility

**YOGA FLOW**

Practice MINDEFULLNESS with a SLOW PACED, HATHA yoga flow to improve strength and flexibility

**PILATES**

Perform low impact flexibility, muscular strengthening, and endurance movements to improve POSTURE, CORE STRENGTH, and BALANCE