

# GROUP FITNESS CLASS DESCRIPTIONS

**AB BLAST:** AN INTENSE ABDOMINAL WORKOUT COMBINED WITH HIGH POWERED CARDIO MOVES THAT WILL BURN FAT WHILE TONING THE ABDOMINALS. IT'S A CHALLENGE BUT EASY TO FOLLOW AND FUN.

**ACTS:** AQUATIC CONDITION, TONE & STRENGTH; USING THE NATURAL RESISTANCE OF WATER, WE WILL WORK TOGETHER TO CONDITION, STRENGTHEN AND TONE OUR BODIES. **NO SWIMMING SKILLS REQUIRED**

**ATHLETIC CARDIO:** LESS CHOREOGRAPHED, HIGH INTENSITY POWERFUL MOVEMENTS ON AND OFF THE STEP. THE BOSU IS USED TO GAIN BALANCE, STRENGTH, AND ENDURANCE.

**AQUA AEROBICS:** CARDIO EXERCISE SUITED FOR EVERYONE USING THE WATER AS RESISTANCE TO GAIN STRENGTH AND ENDURANCE. SQUODLES AND DUMBBELLS ARE ALSO USED.

**AQUA ZUMBA:** INTERGRATING THE ZUMBA FORMULA AND PHILOSOPHY WITH TRADITIONAL AQUA FITNESS / TONING. IT'S A POOL PARTY!

**BOOTCAMP:** ANYTHING GOES, RUN, JUMP, AND WEIGHT TRAINING WITH A VARIETY OF EQUIPMENT EASILY MODIFIED FOR ALL LEVELS.

**BOSU:** USING THE BOSU TO GAIN BALANCE, STRENGTH, AND ENDURANCE. A CHALLENGING AND FUN WORKOUT.

**CIRCUIT:** FREE WEIGHTS, MACHINES, AND VARIOUS EQUIPMENT ALL UTILIZED IN ONE MINUTE INTERVALS. THIS TOTAL BODY WORKOUT INCREASES STRENGTH, FLEXIBILITY, AND CARDIOVASCULAR ENDURANCE.

**CONTACT KICKBOXING:** UTILIZING THE PROVIDED PUNCH PADS AND KICK SHEILD FOR AN INTENSE AND POWERFUL WORKOUT. PARTNER REQUIRED.

**CROSSFIT:** A CONSISTANTLY VARIED, FUNCTIONAL, HIGH INTENSITY WORKOUT. PERFORMANCE BASED FITNESS OFFERED EXCLUSIVELY AT CAL COURTS, **MONTHLY CHARGE REQUIRED.**

**CROSSFIT INTRO:** A PROGRAM DESIGNED FOR THOSE WISHING TO TRY CROSSFIT IN A SMALL GROUP ENVIRONMENT WITH A FOCUS ON BASIC MOVEMENTS AND FUNDAMENTALS. **PARTICIPANT APPROVAL & SIGN-UP REQUIRED**

**FUN-N-FIT:** DESIGNED FOR BEGINNERS, DECONDITIONED AND THE OLDER POPULATION. A LOW IMPACT, CARDIO AND STRENGTH CLASS.

**GUTS & BUTTS:** A THIRTY MINUTE CORE AND LOWER BODY WORKOUT USING YOUR OWN BODYWEIGHT, PLUS A VARIETY OF FREEWEIGHTS AND RESISTANCE TOOLS.

**ICHIBO TENCHI DO:** CONTACT GARY AT (707) 442-7490 FOR MORE INFORMATION AND ENROLLMENT.

**ONE HOT MOVE:** THIS CLASS IS A BREAKDOWN OF MOVEMENTS USED IN OUR DANCE-FITNESS CLASSES. A DIFFERENT MOVEMENT PATTERN WILL BE TAUGHT EACH WEEK.

**PILATES:** THIS MAT CLASS IS DESIGNED TO ENHANCE THE FUNDAMENTAL UNDERSTANDING OF CORE STRENGTH AND STABILIZATION AS IT APPLIES TO MOVEMENT. PILATES IS WORKING FROM THE INSIDE OUT, CREATING LENGTH THROUGH THE BODY AND SYMMETRY, CHANGING THE WAY YOU LOOK AND FEEL.

**POWER YOGA:** A VIGOROUS YOGA CLASS THAT EMPHASISES ON STRENGTH AND FLEXIBILITY.

**PUMPED:** A WEIGHT TRAINING WORKOUT USING BARBELLS AND ADJUSTABLE WEIGHTS WORKING EVERY MUSCLE GROUP.

**RESTORATIVE YOGA:** PROMOTES THE EFFECTS OF "ACTIVE RELAXATION". THIS IS A GENTLE, THERAPEUTIC STYLE OF YOGA. PROPS MAY BE USED TO SUPPORT THE BODY TO DEEPEN THE BENEFITS OF THE POSES. GREAT FOR ALL LEVELS AND PEOPLE RECOVERING FROM INJURY/STRESS.

**REVV:** INDOOR CYCLING SET TO MUSIC, PROVIDING A HIGH CALORIE BURNING WORKOUT.

**R.I.P.P.E.D.:** RESISTANCE, INTERVALS, POWER, PLYOMETRICS, ENDURANCE & DIET.

**R&R:** INDOOR ROWING AND REVV CYCLING, HIGH CALORIE BURNING THAT WORKS YOUR LOWER AND UPPER BODY, AS WELL AS YOUR CORE.

**STEP:** CARDIO WORKOUT USING A STEP WITH ADJUSTABLE HEIGHT, OFTEN INCORPORATING STRENGTH.

**STEP 2 IT:** CHOREOGRAPHED STEP GIVING YOU A VIGOROUS CARDIO WORKOUT, INCLUDING STRENGTH WORKOUT ON AND OFF THE STEP.

**STEP INTERVALS:** ALTERNATING BETWEEN BASIC CHOREOGRAPHY ON THE STEP AND CONDITIONING OFF THE STEP. CALORIE BURNER.

**STRENGTH & CONDITIONING:** A WORKOUT FOCUSING ON STRENGTH AND TRAINING OF ALL ENERGY PATHWAYS.

**YOGA:** BEGINNER/INTERMEDIATE YOGA DESIGNED TO IMPROVE STRENGTH, BALANCE AND FLEXIBILITY. YOGA CONNECTS POSES WITH THE BREATH CREATING A FLUID FLOW OF MOVEMENT. **MULTI LEVEL:** FOR ALL AGES AND LEVELS

**YOGA LEVEL 1:** BEGINNER YOGA FOCUSING ON BODY ALIGNMENT, BREATHING AND BASIC POSES.

**YOGA LEVEL 2:** FOCUSING ON COMBINING THE BREATH AND MOTION OF THE BODY. SLOWER PACED YET CONTINUOUS, FLOWING THROUGH LEVEL 1 MOVEMENTS.

**YOGA FUSION:** A WEAVE OF HATHA, KUNDALINI, ANUSARA, RESTORATIVE, VINYASA, AND KALI-RAY.

**ZUMBATOMIC:** DESIGNED EXCLUSIVELY FOR KIDS (AGES 4-12), ZUMBATOMIC CLASSES ARE ROCKIN', HIGH-ENERGY FITNESS PARTIES PACKED WITH SPECIALLY CHOREOGRAPHED, KID-FRIENDLY ROUTINES AND ALL THE MUSIC KIDS LOVE. PARENTS LOVE ZUMBATOMIC BECAUSE OF THE EFFECTS IT HAS ON KIDS, INCREASING THEIR FOCUS AND SELF-CONFIDENCE, BOOSTING METABOLISM AND ENHANCING COORDINATION.

**REGISTRATION SIGN-UP & PAYMENT REQUIRED** (NON-MEMBERS ARE WELCOME!)

**ZUMBA:** THIS LATIN INSPIRED FITNESS-DANCE CLASS COMBINES MUSIC AND MOVEMENT TO CREATE AN EXCITING, DYNAMIC, AND EFFECTIVE FITNESS PROGRAM. ZUMBA IS EXERCISE IN DISGUISE, ANYONE CAN DO IT! **ZUMBA +:** MORE CHALLENGING

**ZUMBA BASIC/INTRO:** TAKES THE ZUMBA FORMULA AND MODIFIES THE MOVES AND PACE TO SUIT THE NEEDS OF THE ACTIVE OLDER PARTICIPANTS, THOSE JUST STARTING THEIR JOURNEY TO A FIT AND HEALTHY LIFESTYLE, AND ANYONE WHO WANTS TO REFINER THEIR MOVEMENT TO THE LATIN RHYTHMS.