

## GROUP FITNESS CLASS DESCRIPTIONS

**ADVANCED STEP:** FASTER PACED, MORE CHOREOGRAPHED MOVEMENTS ON THE STEP.

**ATHLETIC STEP & BOSU:** 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. SPOODLES AND DUMBBELLS ARE ALSO USED.

**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.

**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.

**JUST ABS:** CORE WORKOUT TO STRENGTHEN THE ABDOMINAL MUSCLES.

**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.

**PUMP:** A WEIGHT TRAINING WORKOUT USING BARBELLS AND ADJUSTABLE WEIGHTS WORKING EVER MUSCLE GROUP.

**RESTORATIVE YOGA:** A SOOTHING & NURTURING PRACTICE THAT PROMOTES THE EFFECTS OF "ACTIVE RELAXATION". BY SAFELY SUPPORTING THE BODY, AND COMBINING MOVEMENT WITH BREATH-WORK, WE ALTERNATELY STIMULATE AND RELAX THE BODY TO MOVE TOWARD BODY/MIND BALANCE. 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, INCLUDING BEGINNERS TO YOGA AND PEOPLE RECOVERING FROM INJURY OR STRESS.

**REVV:** INDOOR CYCLING SET TO MUSIC. IT PROVIDES A HIGH CALORIE BURNING WORKOUT THAT TAKES YOU OVER HILLS AND DOWN WINDY ROADS.

**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.

**TEN CHI KENPO:** CONTACT GARY AT 442-7490 FOR MORE INFORMATION.

**WATER WALK & TONE:** WALK YOUR WAY TO A BETTER HEALTH. UTILIZING THE WATER AS RESISTANCE, YOU WILL INCREASE STRENGTH, ENDURANCE, AND RANGE OF MOTION.

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

**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 LEVEL 3:** COMBINES INVIGORATING VINYASA WITH A BEAUTIFUL BALANCE POSITIONS. PERFECT FOR CHALLENGING THE MIND & BODY.

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