



## Group Fitness Class Descriptions

All MILD Classes are shown in Grey Highlight

### MILD CLASSES – Pre/Post Natal Can Safely Attend Mild Classes

**NO EXPERIENCE REQUIRED** - An absolute must! Learn the basic skills to help you succeed in any class. Includes step and traditional no-jump aerobics.

**STEP 1** - A mild-paced and uncomplicated beginner step class.

**INTRO TO STRONG & STABLE / STEP 1** – Learn the basics on the stability ball followed by Step 1.

**STEP & TONE** - A mild step class with a gentle introduction to weight training.

**MINI TABATA** – Not ready for Tabata yet? Get started here with only 4 sets of 20:10 second Work-to-Rest ratio that includes mild strength and cardio exercises.

### MODERATE CLASSES - 55 Minute Classes

**STEP 2** - An intermediate level of patterning on the step. For those comfortable with the basics and ready for more intensity.

**INTERVAL STEP & WEIGHTS** - Cover all the bases. Resistance training alternated with cardio intervals. Allows you to work a little harder each time.

**17/17/17** – Seventeen minutes of cardio, 17 minutes of weights and 17 minutes of yoga, stretch or Pilates.

**GLIDE n' CARDIO** – An interval class that incorporates the Gliding Disc's, step and floor!

**ZUMBA** – This class is hot, hot, hot! Shake up your workout with Latin-fused moves. A great way to get those sculptured hips, legs and abdomen.

### CHALLENGE CLASS

**SUPERFIT** - 75-Minute Class on **Saturday**

A challenging class with a “no rules” and “anything goes” format. Come challenge yourself! Instructor's choice!

**TABATA** – 20:10 work-to-rest ratio. Eight sets of each exercise with 1 minute of rest between each exercise. Includes both strength and cardio moves. Be ready to be CHALLENGED!

**RISE n' SHINE BOOTCAMP** – Anything goes! High intensity class to kick-start your New Year's fitness goals.

### STRENGTH CLASSES – 55 Minute Classes

**STRONG & STABLE** - Grab a Stability Ball. Core strength is the focus. Maximum 20 participants for safety.

**POWER SCULPT** - Grab some weights and get ready for a full-body workout. Proper technique is the focus and you'll feel those muscles!

**SUPER CIRCUIT** – Full body workout combining strength and cardio work. Self-paced yet the “group momentum” will nudge you to go a little harder.

### MIND/BODY CLASSES

**ULTIMATE STRETCH** - Dress warm in layers and relax. Elongate and stretch your muscles. It's your own “time out”.

**YOGA** – Beginner yoga focused on posture, breath awareness and relaxation.

### BIKE CLASSES

**EASY RIDER** – FREE 30 Min Intro class teaching you all the basics including proper set-up. Register at Front Counter.

**RIDE 1 (45 Min) OR RIDE 2 (60 Min)** - Grab a seat and experience this awesome class. Great way to burn calories!

**SPIN n' SOUL** – 45 minute ride class followed by a 45 minute yoga class. The best of both worlds! Register at Reception for the “bike” portion. Everyone is welcome FREE to the yoga!

**FEE - \$5/class (Ride 1 or 2) or \$12/month Unlimited Ride**

### MONTHLY SPECIALS

**STACKED** – 10 step-ups, 10 push-ups, 10 squats...you get the picture. Keep adding to the workout as the class progresses. Both cardio and strength training involved.

**KICKBOXING** – Feeling stressed? There is no better class than this one to get out all of your frustration. Kick, punch, bob and weave your way to a higher fitness level. You will leave the class feeling rejuvenated.

**3, 2, 1** – Three minutes of cardio followed by 2 minutes of strength training focusing on one muscle group. Finally a full minute stretch of that muscle. REPEAT!

**INSTRUCTOR IN TRAINING** – Come and support new instructors in the process of completing their certification. FREE but please register at Reception as my include RIDE component.

**What To Bring:** Exercise Clothing, Clean Athletic shoes (no black soles), towel, yoga mat for applicable classes.