

## GROUP EXERCISE CLASS DESCRIPTIONS

<p><u>ZUMBA</u>: is a workout that mixes body sculpting movements with dance steps derived from many different Latin dances including salsa, flamenco, hip-hop, and mambo. This class is fun for all fitness levels.</p>	<p><u>ZUMBA GOLD</u>: is a fun filled workout designed for active older adults. It modifies Zumba's moves to suits senior participants. What stays the same is the zesty Latin music, exhilarating workout, and most of all, the fun, excitement, and camaraderie of the Zumba dance experience.</p>
<p><u>Step Aerobics</u>: is a relatively low- impact program distinguished from other forms of aerobics by its use of elevated platform(step). The height of the step can be tailored to each individuals needs. All fitness levels.</p>	<p><u>Yoga</u>: is a combination of breathing exercises, physical postures, and meditation that has been practiced for more than 5000 years. Increase flexibility and strength. All levels.</p>
<p><u>Pilates</u>: focuses on the core postural muscles which help to keep the whole body balanced and are essential to providing support for the spine. All fitness levels.</p>	<p><u>Insanity</u>: is a Max Interval Training- Using long burst of maximum intensity training with short periods of rest. Insanity uses your own body resistance format, coupled with the most progressive , innovative, and creative exercises in fitness. Intermediate to Advanced participants.</p>
<p><u>Spinning</u>: is a multi level training program using a heart rate monitor and a stationary bike in a group setting. It offers both aerobic and anaerobic exercise for maximum fat and calorie burning. All levels.</p>	<p><u>Tone To Stone</u>: Build Muscle, which helps with fat loss in the long term. Strengthen muscles and connective tissues and reduce risk of injury. Build stronger bones to reduce risk of injury.</p>
<p><u>Hi-Low Impact Aerobics</u>: this is a form of exercise designed for someone who is looking for a deep fat burning class and improving their cardiovascular fitness level. This is also a good class that strengthen muscles that support the total body and promote weight loss. Great for the beginner, intermediate, to the advanced participant.</p>	<p><u>Boot camp</u>: While working the entire body--heart and muscles--by going from one exercise to another with out rest. This work out includes calisthenics like push ups , jump rope, jacks. Lunges and squats, crunches and other weight exercises. All levels welcome.</p>