

# CLASS DESCRIPTIONS

**Aqua Kickbox.** Experience the power, energy, and punch in this cool boxing water workout. This class is packed with kicks, punches, and drills. For all fitness levels.

**Aqua Bamba.** Immerse yourself in a low impact workout that combines the amazing strength benefits of the Gymstick™ with the cardio benefits of dance. Come try it out!

**BodyPUMP®.** The ultimate resistance training class combining movement with a specially designed barbell system.

**Bosu Blast.** Integrate balance with strength in this challenging total body workout using the hottest new piece of equipment, the Bosu Ball. Enhance your agility, aerobic power, balance and proprioceptive skills.

**Liquid Fit.** A challenging and vigorous cardiovascular workout using the water and other equipment, such as noodles, hydro-bells, and dumbbells for resistance training.

**Pre/Post Natal Sculpt.** Prepare for your delivery and the physiological demands of motherhood. Class incorporates strength and balance work with a focus on core strength, perineal muscle strength, and breathing.

**Power Sculpt.** High intensity, short duration intervals combining power movement and strength training used to define all major muscle groups of the body. Includes the use of weights, bands, balls, glide discs, bosus and steps.

**Ski Conditioning.** The season is almost here and it is time to start training! These classes incorporate strength training, cardiovascular conditioning, plyometrics, lateral training, and agility drills with a focus on core stability for you to overcome the toughest terrain on the slopes this season!

**Spin Accelerator.** Get results with high intensity interval Spinning® combined with resistance training targeting all muscular and skeletal strength in the body. If you use Spinning® cleats, please bring a pair of athletic shoes for this amazing workout.

**Spinning®.** Indoor cycling program that is a workout for your mind and a challenge for your body. Perfect for any fitness enthusiast, recreational cyclist, or serious racer. (*Types of Rides: I-Interval, S-Strength, E-Endurance, RD-Race Day, R-Recovery, A/T-All Terrain*). Padded shorts are recommended. Bikes are compatible with athletic shoes or SPD style cleats.

**Step Challenge.** A high energy workout that will improve cardiovascular conditioning, coordination and agility. An incredible class to burn calories and build stamina.

**Treadmill Trekking.** A coached, high-energy class designed and set to music to improve fitness and performance on all levels.

**Turbo Kick.** Sure, it's kickboxing, but it's so much more! You'll kick, punch, and groove your way to a brand new body in this action-packed, super fun, super safe, and effective cardiovascular workout.

**\*YAH Hi Lo I/II.** A fun-filled low impact aerobics class which includes cardio, toning, and abdominal work. Get your total body workout! Level I is for all levels. Level II is more advanced and has a higher intensity.

**Zumba.** Features Latin rhythms with the red-hot international dance steps to traditional cumbia, salsa, samba, reggaeton, and meringue music. People of all ages have fallen in love with its infectious music, easy-to-follow dance moves, and body-beautifying benefits.

**Swim For Fitness.** A coached practice consisting of drills and exercises to increase your fitness level and improve stroke technique. All levels are welcome. \$30/quarter. Pre-Registration is required. Contact the Jacquie Clark 303.339.5692 or the Front Desk for more information.

\*YOUNG AT HEART are classes which are suitable for the older adult.