

# CLASS DESCRIPTIONS

## GROUP EXERCISE

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

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

**Boot Camp.** An outdoor group training program designed to challenge and improve your current fitness level with sport specific movements and calisthenic drills. Increase your strength, endurance and willpower.

**Bosu Conditioning.** 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.

**Chisel.** This class combines cardiovascular exercise with resistance training utilizing a variety of fitness apparatus and formats. Cardio sets may include the Bosu, Step, Glide, Kickbox and/or other drills interspersed with resistance intervals. This class will be a workout your body will not forget!

**Deep Water.** An invigorating water exercise class that uses the buoyancy and resistance of the water for a safe, fun workout. Great for those with back, knee and joint problems, as well as prenatal women.

**Definitions.** Take sculpting to the next level! Work every muscle from every angle in every way. This intense total body workout is designed to enhance your muscular strength and endurance utilizing free weights and exercise tubing. All levels are welcome.

**Gymstick™ Power.** Utilize the incredible new fitness tool, the Gymstick, for an extraordinary water workout encompassing: cardiovascular fitness, strength training, core stability, balance and flexibility.

**Liquid Fit.** A challenging and vigorous workout using the water as resistance as well as equipment, such as noodles, hydro-bells, dumbbells and fins.

**Pre/Post Natal Sculpt.** Be ready for your delivery and for the physiological demands of motherhood. Class incorporates strength and balance work with a focus on core strength, perineal muscles 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 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 focus on core stability for you to overcome the toughest terrain on the slopes this season!

**Spinning®.** Indoor cycling program that is a workout for your mind as well as 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.*)

**Spinning Accelerator.** Get results with high intensity interval Spinning combined with strength exercises targeting all muscle and skeletal strength through resistance training. If you utilize Spinning cleats, please bring a pair of athletic shoes.

**Step Challenge.** A high energy and low impact that will improve cardiovascular conditioning, coordination and agility. An incredible workout 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.

**YAH Cardio Fit.** A low impact class that incorporates cardio and strength training into one hour while improving your muscle tone, coordination and balance!

**YAH Hi Lo I/II.** A fun-filled low impact aerobics class which includes cardio, toning and abdominals. Get your total body work out! 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 and meringue music. People of all ages have fallen in love with its infectious music, easy-to-follow dance moves, and body-beautifying benefits.