

## AEROBICS

**Boot Camp:** This high intensity cardio workout may include step, floor, cycle and circuit stations to increase cardio fitness and muscle strength.

**Cardio Lunch:** This 30 minute noontime class is a combination of cardio and muscle training.

Sure to get you results and back to work on time!

**CardioBlast:** This interval style class combines high intensity cardio with low intensity cardio/weights. Stations may be set up to increase your workout intensity. A great workout!

**Combo Cardio:** Features a combination of different aerobic and strength components such as hi/lo, kickboxing, step and muscle and sport-wall.

**Cross Training:** This class combines hi-lo aerobics with step and muscle strengthening.

**Iron Grip:** The latest trend in the fitness industry. This muscle class uses special equipment to build strength, endurance and lean muscle tissue.

**Muscle:** This class uses weights, bands, and bars to increase muscular fitness.

**Muscle Express:** Same as muscle, except class is 30 minutes long.

**ZUMBA:** Fuses hypnotic Latin rhythms and easy to follow dance moves to create a dynamic fitness program that will blow you away! The routines are combined with resistance training at the end of class to sculpt your body while burning fat!

**ZUMBA GOLD:** This Zumba class is specially designed for the senior participant and those who are just starting out!

## GROUP FITNESS CLASS DESCRIPTIONS

### **Available within classes:**

(You may not find these as classes alone, but these two techniques are used within classes for your benefit)

**Gliding:** High intensity training works the body laterally and this tool is used in boot camp, muscle, iron grip and combo cardio to help increase your fitness!

**Step:** Reebok steps are used for high intensity, low impact workouts!

**Bosu:** This fun core training tool stands for both sides up and you will see it in a variety of classes.

**For more information contact:  
Aerobics Director: Stephanie Deasy  
434.847.5597**

• **Hip Hop:** This is the street form of Hip Hop. Come experience the authenticity of this class. Learn the 12 step, head stand and top rock to name a few. No experience required, just fun!

• **Tae Kwon Do:** This form of Martial Arts will improve balance while increasing strength, flexibility and self-control.

• **Power Conditioning:** Come outside and join this high level intense class. This is different than any boot camp that we offer. You will be challenged in both cardio and muscle endurance. Don't miss this chance to get in great shape!

*For information on fee-based classes  
please ask Member Service Desk*

## CYCLING

**\*\*Cycle:** A class designed to challenge everyone from serious athletes to de-conditioned individuals. This class offers a cardio workout with little impact on your joints. Class allows for individual control of intensity and resistance.

**\*\*Cycle Express:** Similar to the standard cycle class, but compressed into 30 minutes. Great workout if you are short on time.

**\*\*Cycle Challenge:** A 75-minute ride that will build base miles to increase your endurance on the bike.

**\*\*CyclePump:** 30 minute cycle class followed by a great muscle workout! Great for all levels and cross-training!

## MULTIPURPOSE ROOM

**Core Conditioning:** This 30 minute class is packed with abdominal /back exercises.

**Fit Ball:** This class uses the resist-a-ball to build core strength.

**Power Yoga:** This class offers all the true principles of yoga with all of the benefits and is a true full-body workout!

**Hatha Yoga:** This class provides the same benefits as yoga. Improves strength and flexibility through movement, breathing and held poses.

**Pure Stretch:** This class is what you need! 30 minutes of pure relaxation and stretching for the total body.

**Flexible Strength:** A combination of Fit Ball, Yoga, and Pilates with emphasis on balance, strength, flexibility through movement and stretch.

**\*\*Pilates:** An introduction to the teachings of Joseph Pilates. This class will emphasize the 5 basic principles of Pilates. (Level I and II).

**Balance Challenge:** This class will strengthen your core and improve your balance. Use of fitball, balance trainer (bosu) and other tools will offer you a new challenge

*All classes are included in your membership  
except for the following:*

**Hip Hop  
Tae Kwon Do  
Power Conditioning**

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