


Group Fitness Class Descriptions

Ab Lab: Feel the burn! This class is 30 minutes of intense core and abdominal work. If a firm stomach and strong abs are what you want, this class is for you.


Aerobic Dance: Devoted to burning fat and having fun! Incorporates various forms of dance to achieve cardiovascular conditioning and help regulate body weight. Dance your way to fitness.

Aqua Aerobics: This class is great for all fitness levels. With little to no impact, you get a complete cardiovascular and resistance workout. You do not have to know how to swim to participate.

Body Pump: A strength-training class great for all levels of fitness. Incorporates interval training techniques to increase muscle tone and endurance. Each class targets specific muscle groups so you never get bored!

 **Body Sculpt:** Ready to work hard? This class features an intense combination of muscle toning and strengthening exercises to reshape and firm the entire body. Expect slower pace with more intensity.

Cardio Sculpt: Fun, body movin' music and non-stop cardio grooves layered with intervals of muscle toning. You'll be having so much fun you'll forget how hard you're working. Guaranteed to get you moving and feeling great!


 **Fit Club:** This "Club" is open to everyone! Come enjoy a midday workout to boost your energy, increase endurance, and develop great muscle definition. Expect faster pace with less intensity.

Fitness Fusion: A 75- minute class that combines moves from disciplines like yoga, Pilates, boot camp, ballet, cardio, boxing, cycling and more. This intense workout will keep you from getting bored as you challenge your muscles in different ways. Begin the week on the right foot with fitness fusion.

Fitness Yoga: Incorporates variations and progressions of poses to accommodate participants of all levels. This class emphasizes relaxation and the mind/body connection while sculpting long lean muscles.


Kickin' Cardio: Part kickboxing, part aerobics, all fun! Get your heart rate up as we use different styles of cardio training to burn calories and strengthen muscles.

Muscle Works: A strength training workout utilizing hand weights, body bars, resistance tubing, stability and medicine balls and individual body resistance to improve muscle strength in all muscle groups.

 **Quick Fit:** This 30-min class is a great way to fit a little exercise into your day. The class is low to moderate intensity and includes toning with tubing and flexibility exercises. Classes meet in Tarver Library. Come as you are, no change of clothes required.

Step! Kick! Box! An interval cardio workout that combines boxing basics and step aerobics to achieve a better conditioned, fitter you. Kick, punch and step your way to a stronger body while having tons of fun.

TNT: (Tighten 'N Tone) Designed to entirely sculpt and define your muscles. The perfect class for increasing lean muscle mass and improving muscular endurance. All fitness levels welcome.

 **Yoga:** This class integrates mind/body training, breathing technique, and focused strengthening exercises. Learn the true power of the mind/body connection, the importance of breath, and increase your overall strength and flexibility.

Yogilates: Incorporates Yoga and Pilates exercises to achieve mind/body connection, develop long, lean muscles and develop core strength. Gain the benefits from two disciplines by attending this energizing class.