CLASS DESCRIPTIONS
FALL 2012

AQUA ZUMBA®: Known as the Zumba "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching & twisting are used while integrating the Zumba formula and philosophy with traditional aqua fitness disciplines. The Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

BELLY DANCING: This multi-level dance technique class covers the basic fundamentals of belly dance, including hip, rib cage, and arm isolations, as well as intermediate concepts such as turns, traveling steps, veil work, finger cymbals, props and balancing, plus combinations and choreography!

BOOT CAMP:
Boot Camp will include a variety of strength, plyometric and anaerobic movements to get you in shape! If you are new to working out there is no need to be intimidated as the routine is designed to be done at your own pace, whether you are a rookie or an accomplished tri-athlete, you can achieve the intensity level that you need!

CYCLE & SWEAT:
Group cycling is one of the hottest workouts around. Combine that with strength training and you have an intense total body workout that is guaranteed to make you sweat while getting strong, burning calories, and toning those muscles.

PILATES: Learn mat exercises that focus on awareness of the spine, proper breathing, core strength and flexibility. A great class for anyone who sits at a desk all day—be prepared for awesome results, including better posture and a more toned physique!

SPINNING®: Group stationary cycling is one of the hottest workouts around. Lights are dimmed and music is played as your instructor leads you on a journey of long flats, hill climbs and sprints. Great for all levels as each participant controls his/her own intensity by adjusting speed, resistance and body positions.

TOTAL BODY WORKOUT (TBW):
TBW combines cardio with strength exercises to target all the major muscle groups giving you THE total body workout. In TBW, you will move to music while alternating from high to low intensity, burning calories and building strength.

YOGA: Yoga challenges the body by focusing on changing from one challenging pose to another. You will be lead through a flowing sequence of postures promoting increased strength and flexibility while centering your mind and body. Beginners and veterans are sure to have a great workout while improving flexibility and lowering stress.

YOGALATES:
Yogalates combines movements from yoga and pilates to stretch and strengthen the body's major muscle groups. It enhances posture with its main focus being to strengthen the core postural muscles where the abdominal, lower back, pelvic floor and buttock muscles meet. It also fuses the breathing systems of yoga and pilates to give you the total mind-body experience. Yogalates is excellent for creating a sense of inner calm and relaxation while making your body strong.

ZUMBA®: This Latin-based dance craze that originated in Miami is sweeping across the nation. Join us for a full hour of dance and fitness that incorporates many styles of dance, the hottest music, and a club-like atmosphere that leaves all Zumba students hooked! No dance experience required!