

# Group X Class Descriptions

## Level I-Beginner.

### **Sculpt**

Level: I-III

Body Sculpting for all levels from beginners to advanced. Learn the correct way to use free weights, bands, and bars to tighten, firm and increase lean body tissue while decreasing body fat. Special target areas include glutes, abs and shoulders.

### **High Fitness**

Level II-III

High Fitness is a fun aerobics fitness class that incorporates interval training with music you love and easy to follow fitness choreography.

### **Pilates**

Level: I-II

Power Pilates encompasses more than 500 controlled, precise movements designed to stretch and strengthen muscle without adding bulk. Also, great for strengthening & toning with the focus on core & increasing flexibility.

### **Spin**

Level: II-III

Spin is a fun way to burn calories and tone. Instructors guide participants through workout phases: Warm-up, steady up tempo cadences, sprints, climbs, cool-downs, etc. You control resistance on your bike to make the pedaling as easy or difficult as you choose.

### **Spin Tabata**

Level: II-III

Combination of Spin and high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

### **TRX**

Level: II-III

Train with any level of intensity using simple bodyweight and movement-based Workouts. Perfect for strength training that lets you adapt any exercise to your skill level.

## Level II-Intermediate.

### **Tabata**

Level II-III

High-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

### **Unloaded**

Level: II-III

Constantly varied functional movements performed at your own intensity. Utilizing weights and one's own body weight to perform all over body exercise. Unloaded will keep your body fit and feeling great!

### **Yoga/Stretch**

Level: I-II

Yoga/Stretch will focus on balance of the body, breathing and increased flexibility. This class is designed to relax not only your body but also your mind. (Yoga mats are available if you do not have one of your own.)

### **Silver Sneakers Yoga**

Level: I

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement.

### **Silver Sneakers – Classic**

Level: I

Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use handheld weights, resistance bands and a silver sneakers ball. Often a chair is used for seated exercises or standing support.