

THE FITNESS PLAZA: GROUP CARDIO CLASS DESCRIPTIONS

Barre Fusion: Full body workout great for all levels. Combines fundamentals of ballet, yoga & pilates. Class will tone upper body, legs & core while improving balance and flexibility. Class is done bare foot or with a yoga sock & yoga mats are required.

Beyond Barre: Combining the core building of Pilates, breath work & focus of yoga & grace of ballet. You will build strength, increase flexibility, improve posture & achieve optimal balance. Uses ballet barre, core balls, light hand weights & bands. You'll become addicted.

Bootcamp: Create a strong, powerful, toned & sculpted body. Integrated strength and plyometric moves. Appropriate for all fitness levels, progressions / regressions provided for all exercisers.

Country Heat Live: Combination of simple country line dancing inspired moves with the hottest country music to create high-energy, low impact workouts. You'll have so much fun and barely notice the toning. All are welcome from beginner to advanced.

Cycling: These low impact cycling classes are perfect for anyone looking for a challenging & exciting workout. All levels of fitness are welcome, go at your own pace. Have a full water bottle & be ready to ride when class begins.

Cycle Core: This cycling class incorporates abdominal exercises at the end of a great cardio class.

Cycling HIIT: This cycling class is 45 minutes with explosive drills. Take your cycling workout to the next level.

Cycle Pump: A cardio cycle class that combines intervals of cycling and weight work. This class is for all levels and designed to sculpt and tone while increasing and maintaining your heart rate.

Spin Interval: High intensity intervals incorporating HIIT and Tabata timing mixed with low intensity recovery intervals. Class is 40 minutes and includes stretching and cool-down.

1/2 Cycle 1/2 H.I.I.T. : Cycling combined with high intensity interval training consisting of a series of different and simple exercises using weights, balls and bands. Great for all levels of fitness.

Intervals: Cardio & strength intervals of low to high intensity. We will challenge your aerobic and anerobic threshold with a fresh workout each week.

H.I.I.T. : High intensity interval training consists of a series of 5 different and simple, easy to modify exercises each week, done for 30-60 seconds with a brief recovery between sets. Small changes will keep class interesting and get you ready for your day!

Intense Interval Step : A step class designed to increase heart rate with interval drills and weights, finished off with core training.

Total Body: A challenging workout without the complicated choreography. A beginner to intermediate class with low impact floor work incorporating abs and legs using weights. Easy to follow plus a great endurance routine.

Member's Choice: Anything Goes! Usually any combination of step, resistance training, and floor work.

Pilates: Use the fundamentals of traditional Pilates Mat techniques integrated with group fitness techniques to strengthen core muscle groups without hurting your back.

Power Toning: An intense total body weighted workout utilizing various exercises tools & techniques to sculpt your body! Circuits, intervals & plyometrics are incorporated to promote muscle strength & endurance while keeping your heart rate up.

Yoga Basics: Those beginning their yoga journey as well as those already practicing that want to revisit posture & breathe awareness will enjoy this class. You will leave class refreshed, rejuvenated and restored.

Senior's Choice: This low impact class will make you feel like dancing. You can work at your own pace & enjoy a full body workout set to fun music. Fun, easy to follow choreography & muscle toning will give you a complete workout.

Senior Gentle Yoga: Enjoy the benefits of Yoga practice with appropriate modifications as needed, focusing on improving on improving strength, balance and flexibility.

Simply Step: The title describes it all!

Step N More: A process of poses and movements that strengthen your core, increase your cardio capacity using steps and maintain your upper body strength with resistance tools all set to an easy rhythmic pace.

Tabata Fusion: 30 mins. Tabata plus 20 mins. Pilates. Tabata is a high energy & high intensity interval class followed by Pilates focusing on core strength, flexibility & endurance. Kick your fitness level into high gear! All levels are welcome.

Tabata Strength & Core: A vigorous class combining 30 minutes of high intensity Tabata intervals followed by specific strength and core exercises to maximize your fitness.

Tabata/Tone: Cardio intervals incorporating Tabata timing mixed with toning segments. Dumbbells, bodybars, gliding discs, bosu, steps, balls and tubing can all be used.

Tai Chi: The ancient Chinese practice that combines slow, deliberate movements, meditation & breathing all while restoring your chi.

Gentle Flow Yoga: For beginners & seasoned practitioners, emphasis on strength, & flexibility through proper alignment.

Modified Ashtanga Yoga: Postures are linked in order to cultivate heat, stamina, flexibility, strength, & balance. Good for all levels.

Vinyasa Flow Yoga: Challenging set of various postures in a dynamic flowing sequence, cultivates heat, stamina, flexibility, strength, and balance. Good for all levels.

Instructors Choice Yoga: All classes are designed to leave you feeling invigorated, refreshed, and restored. Several genres may be taught in this class. Including Gentle Flow, Modified Ashtanga, Vinyasa Flow, Kripalu/Yengar based.

Your Bodies: A powerful core training class to define your entire body using Bosu, balls, body bars, & bands.

Zumba: Fusing hypnotic latin rhythms & easy to follow moves to create a dynamic fitness program that will blow you away.

Zumba Gold: Zumba for beginners or for the active older adult. Done at a much lower intensity with the same great latin styles of music and dance. Just as fun as the regular Zumba classes.

Zumba Tone: Latin dance movement with light weights to add dynamics to your fitness program.

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