

## *Land Group Class Descriptions*

**Belly Dancing:** Take aerobics to a whole new dimension through the use of choreographed dancing. Cymbals and scarves are provided to set the tone for the class. The instructor and participants wear ordinary workout gear and no dancing background is necessary. Come prepared to get fit and have fun!

**Bench Blast:** Increase your upper body strength and add pounds to your bench press. Proper technique will be taught as well as different exercises to build strength and endurance. Meet in the Fitness Center.

**Boxing Cardio Circuit:** In this class you perform bursts of high-intensity exercises with short periods of rest. Boxing moves and agilities keep you constantly challenged as you alternate between aerobic and anaerobic intervals.

**Fitness 180:** U-turn your fitness level and get back into great shape. Easy to learn weight bearing exercises, balance, strength, and core training will be taught to improve your overall health. This class is held in the Fitness Center using resistance machines and weights.

**Hip Hop Fitness:** If you love dance music, you will love this class! A cardio dance style fitness class that will keep you moving, sweating, and smiling. Instructor teaches basic dance moves in an easy-to-follow format--no rhythm necessary!

**JointFlex:** This class, designed by the Arthritis Foundation, incorporates gentle exercises to increase joint flexibility, range of motion, and enhance muscle strength. It is held in the conference room located at the south end of the hallway.

**Spinning:** A cycling challenge for the inner cyclist in you. This is a group class taught on a stationary Schwinn Spin Bike. You will burn calories and increase your cardiovascular fitness. Cycle at your own pace and resistance, and challenge yourself to increase your stamina and endurance.

**Strength Cardio Abs:** A high intensity, full body workout designed to improve overall fitness level by incorporating resistance of upper body with the use of hand weights mixed with cardio and plyometrics. All movements are intended to increase heart rate as well as strengthening abs and core. This also includes an ending full stretching routine.

**Tai Chi:** Sometimes described as "meditation in motion", this low impact exercise class is great for balance and stress reduction. The class consists of rhythmic patterns of movement that are coordinated with breathing to help you achieve a sense of inner calm.

**Rock Star Yoga:** Beginner/Intermediate class for individuals wanting to align mind, body, and spirit. This traditional form of yoga focuses on stretching postures that help the body become flexible and firm. Mats, blocks, and straps may be used to help reduce stress and tension, increase vitality, improve circulation, and tone the body. Take your shoes off at the door.

**Zumba:** A Latin-dance style class with a fitness flair! You will have fun, sweat, and get a great workout. Latin music and Latin moves-Come dance with us!

### **Pool Group Class Descriptions:**

**H<sup>2</sup>O Aerobics:** Water resistance equipment may be used in this class which offers shallow or deep water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

**Power H<sup>2</sup>O:** This 45-minute fat burning workout will improve your cardiovascular strength and endurance. This class is great for legs and abdominals! You will gain strength, reduce stress, and burn calories. Flotation devices including an aqua belt will assist you in a total body workout. Participants must be comfortable in deep water with minimal support.