

Group Exercise **Class Descriptions**

Advanced Step/Step-Fit/Step'n STRONG – a pumped up version of Step/Step-Fit/Step'n Strong. Experience in step a must!

Body Pump – The original barbell class that strengthens your entire body. Great music and an awesome workout. All levels welcome.

Cardio Agility – This energetic class uses creative & sporty ways to get you all-around fitness, while challenging your balance, core & flexibility. It's a high intensity workout that can be modified for all levels.

Indonesian Kung Fu – Students learn self-defense, rolling & falling, discipline, confidence, respect, & concentration. ***Extra fee.*

Cardio Combat – A great mix of kickboxing, agility, bootcamp and step.

Martial Arts – Please see program brochure for class specifics. ***Extra fee.*

Step/Step-Fit/Step'n STRONG – Burn calories while having fun. **Step** class will deliver 60 minutes of cardio set to upbeat music. **Step-Fit** will end with 10 minutes of abdominal exercise to make your routine complete. **Step'n Strong** incorporates a short segment of full body strength training. All levels welcome.

STRONG – This class is for anyone who wants to develop muscular strength & endurance, coordination, balance & stability. Experience functional movements that will challenge every major muscle group. All levels welcome

Totally Tone – Come tone & strengthen each major muscle group using weights, band, ball &/or body bar, all while isolating the movements using proper body alignment. All levels welcome.

Zumba – This class offers an exciting & fun way of getting into shape by dancing & exercising to Latin rhythms. Suitable for all levels.

ZumbaGold – A Zumba class for everyone. No dance skills

required. Perfect for AOAs and beginners.

Active Older Adult (AOA) classes

AOA Impact+Step – This easy on the joints class uses a combination of low- & moderate-intensity moves. The addition of 15 minutes of step aerobics (step optional) on Tuesdays enhances leg power. Faster, stronger legs are critical for improved balance & prevention of falls.

AOA Strength – Resistance training to improve functions of strength, balance, speed, agility & coordination.

AOA Strong & Stretch– Take 30 minutes to RELAX & BREATHE while working on balance, flexibility, mindfulness & more focused, gentle explorations designed to optimize skilled movement & reduce stress to leave you *floating* after class.

SPIN

RPM – The Les Mills Cycle class; Ride to the rhythm of powerful music. Burn fat, tone lower body and gain strength. Sweat towel and water bottle required. Excellent for all levels.

SPIN – Get a great cardio workout on the bike. Great for learning technique and the basics of cycling. Bring sweat towel & water bottle – they are required. All levels welcome.

Specialty Classes

Aikido – A non-aggressive martial art that is designed for self defense. Learn to subdue an attacker through non-violent means. No physical conditioning required. *All levels welcome **Extra Fee*

Sports Conditioning –Get ready for your next event. Cardio & strength conditioning to keep you sharp during the off-season. *All levels welcome**Extra fee.*

Weight Loss Challenge – Fitness and nutrition. Show up and lose weight...Guaranteed!** *Extra fee*

Kindel's Bootcamp – Cardio and strength rolled into one. Great variety of routines; barbells, medicine balls, plyometrics. Great for all levels** *Extra fee*