

GROUP EXERCISE CLASS DESCRIPTIONS

FREE for Members; \$60/month for Non-Member Group Ex Pass. Ages 15 and older are welcome.

(L) = LOW INTENSITY – low impact and heart rate of 50-60% of Heart Rate Max.

(M) = MEDIUM INTENSITY – low or moderate impact and heart rate of 60-80% of Heart Rate Max.

(H) = HIGH INTENSITY – Moderate to high impact and heart rate of 70-85% of Heart Rate Max.

(C) = SAFE FOR CHILDREN ages 8 and up and an adult must be present with child to participate.

***CHAIR YOGA: (L)** Gentle form of Yoga which is practiced while sitting in a chair, or by using a chair for support. The yoga poses are modified so as to be accessible for people of all ages and abilities.

READY TO BE FIT (L), (C) Are you ready to be fit? This class is designed for those who are just beginning to exercise. It includes workouts as well as general health info and exercise tips. It is perfect for the new exerciser trying to figure out what is right for them by performing tasks that replicate the movements of daily living.

***SILVER & FIT BALANCE: (L)** Increase your balance and generate more core strength with low impact exercises.

***SILVER SNEAKERS @ CLASSIC: (L)** This class is designed to increase muscular strength and range of motion using resistance bands, handheld weights and a hand ball

***SILVER SNEAKERS @ CIRCUIT: (L), (M)** Upper body strength workout with hand weights and resistance bands and also hand balls with non-impact aerobics choreography

***SUPER SENIORS: (L), (M)** Our Super Senior Class includes: Strength Training - Constructing and keeping muscle will assist you to keep the functional abilities you appreciate, while decreasing aches and pains. Balance - Balance is vital as we age. By engaging and building your stabilizer muscles, your body will grow stronger and decrease the likelihood of injury.

AQUA ZUMBA (L), (M) Aqua Zumba is a fantastic full body workout using dance movements done in the water. Dance along to some great music in the shining sun. (Offered only for the summer at Mack Park Pool)

TEENS IN TRAINING: (M), (C) (Premium Class) This class is for girls in 6th-12th grade and will go over the basics of exercise, focusing on proper form and technique. It is designed to help female teens and preteens feel more comfortable and confident exercising.

CORE CRUSHER: (M), (C) A class focused all about the core! Strengthen, improve balance, and help with lower back pain while getting a fantastic core workout.

ALL IN ONE: (M), (C) A cardio workout that integrates the sculpting of major muscles all while allowing each individual to push to their own intensity. All exercise levels in one class, all together as one group, encouraging and supporting as we are "one for all and all for one!"

PILATES: (M), (C) A system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles.

TRIM & TONE: (M), (C) This class is a variety of cardio and toning in combination with cardio bounce, weighted aerobics, interval training and hi-lo.

ALL ABOUT YOGA: (M), (C) This specific yoga class focuses on all of the benefits of yoga: increased strength, flexibility and balance; improved posture and breathing; and a calm mind.

DANCE CELEBRATION: (M), (C) (Premium Class) Learn different types of dances including jazz, modern, belly dancing, ballet, and ethnic and get a great workout while doing so!

ZUMBA @: (M), (C) A fusion of hypnotic Latin and international music –

dance themes that create a dynamic, exciting and effective fitness system. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

PIYO: (M), (C) This moderate intensity, low impact class uses Yoga and Pilates inspired movements and incorporates muscle-sculpting, core-firming, strength, and flexibility exercises to deliver a fun calorie-burning workout.

BODYPUMP@: (M), (H) This is a high intensity, body toning class. All your major muscle groups will be challenged using weight room exercises like squats, presses, lifts, and curls. Improve your general fitness and well-being through this 560 calorie burning class.

R.I.P.P.: (M), (H), (C) Resistance, Intervals, Plyometrics, and Power are the foundations of this class. Get ready to sweat and burn those calories while incorporating these four types of exercise so get you ripped!

TRANSFORM: (M), (H), (C) This class is more intense than the ordinary fitness routine. Using functional training and principles of athletic conditioning, this circuit style workout will test your limits to achieve significant results. You will be physically transformed.

POUND: (M), (H), (C) (Premium Class) This class uses lightly weighted drumsticks that combines cardio, strength training, and conditioning using yoga and Pilates-inspired movements that transforms drumming into an effective workout.

ABS, BUNS & GUNS: (H) Get that tone you love with this high intensity, fun, muscle toning class.

CARDIO KICKBOXING: (H) Get an intense, sweat-dripping cardio workout by doing bodyweight kicking and punching moves that keep your heart rate up and burn up to 400 calories!

BOX & BURN: (H) Get ready for a real kickboxing class taught by MMA fighter Donnie Fulmer. Learn correct technique while improving flexibility, gaining lean muscle, increasing cardio respiratory endurance and having fun!

H.E.A.T: (H) This is a class that combines interval training with muscle conditioning to give you a great total body workout and works on the muscle definition you are looking for.

CYCLING: (H), (C 11+) Get a great workout with a certified spinning instructor. This is a pure cardio workout that may have you ready for the Tour de France. Sweat it out for 60 minutes with a challenging ride, including sprint intervals and big climbs, all to the beat of motivational music. We will mix it up and this cycling class will fly by.

P90X: (H) This high intensity class uses resistance and body-weight training techniques and also includes cardio, ab work, plyometrics, yoga, and martial arts.

W.I.C.K.E.D: (H) W=workout, I=interval, C=cardio, K=killer, E=exercise, D=definition; WICKED Wednesdays is a brand new, super intense workout. If you need to UP your game, then this is the class for you! It is a super charged, high-intensity, plateau-busting class that includes high-intensity cardio and full body muscular strength building intervals. The intervals are timed so be ready to sweat. This class is open to anyone and will challenge both your mind and body.

BODY BOOTCAMP (H) Get the challenge you desire & enjoy the summer weather by joining us for Body Bootcamp (offered only for the summer at Mack Park). This class is designed to push you to the limits using mainly body weight & high-intensity exercises.

***Classes are recommended for older adults.**

- Pound, Dance Celebration, & Teens in Training are premium classes that are only offered for a couple of weeks at a time (at an extra cost)
- Stop in or check online for a current copy of the Group Ex. Schedule