



## Fall 2014 Group Exercise Class Descriptions

Recommended for those: ❖ Just Starting Out ☉ Working My Way Up ■ Experienced/Maintained Fitness

*\*Please note: Recommendations are made based on general class format, however, all instructors are certified to instruct to provide modifications to accommodate ALL FITNESS LEVELS*

<b>Cardiorespiratory Exercise</b>	<p><b>Aqua Boot Camp:</b> Think water aerobics isn't a fitness challenge? <b>THINK AGAIN!</b> With simple water dumbbells and the resistance of the water this hour-packed workout is sure to leave you feeling refreshed and energized. Enhance your workout and step up to the challenge with <b>WATER!</b> (<i>No swimming experience required. Head is never submerged; t-shirts and gym shorts may be worn over suit. Class cancelled when raining.</i>) ❖☉■</p> <p><b>Hip-Hop:</b> You Think You Can Hip Hop? Let loose and join this jammed packed hour of the funkier moves, popular hip hop jams, and crazy choreography! Challenge your body to move in ways it's never moved before and leave with a great cardiovascular workout. ❖☉■</p> <p><b>**NEW**</b></p> <div style="display: flex; align-items: center;">  <p>Ready to take kickboxing to the next level? Then come join the hottest kickboxing class around! TurboKick combines athletic moves, sports drills, hip hop flavor, &amp; so much more! No experience required...come ready to sweat! ❖☉■</p> </div> <p><b>SPINNING:</b> more than a workout! It's a philosophy! Whether you ride to get stronger, nurture your body and spirit, sweat out the events of the day or reinvent yourself, Spinning is <b>YOUR</b> ride! We have the <i>original</i> indoor cycling program! Please note: Spinning is a cardio workout with dim lights and higher decibel music. (<i>SIGN-UP IS REQUIRED 30 minutes prior to class time, and a water bottle and towel are mandatory!</i>) ❖☉■</p> <div style="display: flex; align-items: center;">  <p>Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! ❖☉■</p> </div>
<b>Resistance Exercise</b>	<p><b>ACSM Recommendations for Cardiorespiratory Exercise</b></p> <ul style="list-style-type: none"> <li>• Adults should get at least 150 minutes of moderate-intensity exercise per week.</li> <li>• Exercise recommendations can be met through 30-60 minutes of moderate-intensity exercise (five days per week) or 20-60 minutes vigorous-intensity exercise (three days per week).</li> <li>• One continuous session and multiple shorter sessions (of at least 10 minutes) are both acceptable to accumulate desired amount of daily exercise.</li> <li>• Gradual progression of exercise time, frequency and intensity is recommended for best adherence and least injury risk.</li> </ul> <p><b>Body Sculpt:</b> Looking for a weight-training class? How about total body conditioning? This class focuses on toning up that figure with the most current fitness equipment around! ❖☉■</p> <p><b>POWER Sculpt:</b> A body sculpting class that utilizes a functional exercise routine with a little "spice" of cardio intensity! ❖☉■</p> <p><b>**NEW: PI-YO (Pilates/Yoga Fusion):</b> Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? Not with this format!! PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. ❖☉■</p> <p><b>BOSU Pump:</b> An exceptional body sculpting routine that incorporates the functional and dynamic BOSU balance ball. With focusing on a full body toning and cardio intervals, this class will guarantee a <b>BALANCED CHALLENGE!</b> *Please note: BOSU balls limited ☉■</p> <p><b>BUTTS AND GUTTS:</b> Looking for a lower body core class that focuses on shaping the BUTT and toning the GUTT?? Come join Joe and Taylor for a circuit style interval class with specific stations to target the lower body and core. Please note: sign up is required ❖☉■</p> <p><b>HARDCORE:</b> Be ready to work and tone up that 6-pack with this power-packed <b>55</b> minute core <b>ONLY</b></p>

class! Focus on strengthening the abdominals and the lower back while utilizing resistance equipment such as stability balls, medicine balls, The Bosu and more! ❖◎■

**RIPPED Abs and Arms:** Legs need a rest? No excuse to skip the gym. With this 45 minute upper body and core blast you will leave leg rested, arms sculpted, and ab-dominally TONED! ❖◎■

ACSM Recommendations for Resistance Exercise:

- Adults should train each major muscle group two or three days each week using a variety of exercises and equipment.
- Very light or light intensity is best for older persons or previously sedentary adults starting exercise.
- Two to four sets of each exercise will help adults improve strength and power.
- For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise, and 15-20 repetitions improve muscular endurance. Adults should wait at least 48 hours between resistance training sessions.

**Neuromotor Exercise**

**Circuit Blast!** Jump from station to station for an intense calorie burning and strength training workout all in one! With our top of the line fitness equipment including BOSU balls, Jump Rope, Gliders, Ladder maze and more...we guarantee you will leave sweating, satisfied, and one step closer to your fitness goals!! Please note: Sign up is required.◎■

**F.I.T:** In this Functional Interval Training class, your intensity level varies throughout this class to maximize your workout results. Each interval will provide new challenges to help you improve your functionality, strength and endurance. The intervals will include a variety fitness equipment and formats including Core Stability, Plyometrics, Kickboxing, Strength Training and more.◎■

**Fitness Xtreme:** Enjoy outdoor workouts?? Try this high-intensity circuit-style outdoor group exercise class that combines a wide array of functional movement exercises intermixed with cardio intervals, group challenges, gymnastics, battle ropes, free weight, band work, parachutes, sledgehammers, kettlebells, tires and more!! Not to mention the extra challenge by the Florida heat and humidity!!!◎■

**\*\*NEW\*\* Monday Mile:**

**MOVE IT MONDAY!** *Exercise your feet, not your fingers. Put down your mouse and put on your sneakers. Take your body for a ride. Put down your mobile and lets get mobile!* Jump start your Monday at the GOLD CIRCLE LAKE for a group running/walking class that will challenge you to a new level and most importantly, get you MOVING! No running experience required! The class will focus on a variety of fun running/walking drills in combination with total body strengthening intervals. ❖◎■

**TABATA:** Interested in interval training the most time efficient way? Six 20 second exercise combinations with 10 second recovery and repeat 8X each. Time will fly and you will leave 300 calories less! Come check out a unique way to *train* in this 35 min high intensity interval training class!!◎■

**\*\*NEW: TABATA & FOAMROLL FUSION:** Try out a new concept to functional training with an additional *recovery* component in this 45 minute total body workout! The first 30 minutes focuses on TABATA style *time-based* cardio and strength intervals fused with a 15 minute recovery session using the foam roller, refreshing stretches, and invigorating Yoga poses. ❖◎■

ACSM Recommendations for Neuromotor Exercise:

- Recommended for two or three days per week.
- Exercises should involve motor skills (balance, agility, coordination and gait), proprioceptive exercise training and multifaceted activities (tai ji and yoga) to improve physical function and prevent falls in older adults.

20-30 minutes per day is appropriate for neuromotor exercise

## Flexibility Exercise

**PILATES:** The Pilates method of body conditioning is a unique system of stretching and strengthening exercises developed over ninety years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more streamline shape. ❖⊙■

**YOGA FLOW:** Incorporate FLEXIBILITY and STRENGTH into your exercise routine with YOGA. There are many styles and approaches to a yoga practice. Each practice session and instructor is unique and endeavors you to move you in a calm and focused way. ❖⊙■

**\*\*NEW: YOGA SCULPT:** Try a new innovative approach to strength and flexibility training in this Yoga and Sculpt fusion class! With up-beat, energizing music, this class complements your regular yoga practice, while boosting your metabolism and pushing your strength and flexibility to new heights. Free weights are added to the YOGA FLOW sequence creating resistance and intensifying each pose. Strength-training exercises such as squats, lunges, and bicep curls are incorporated to build lean muscle mass. ❖⊙■

**POWER YOGA:** A yoga flow class with added spice of intensity with quicker transitions from pose to pose. ⊙■

**ZENERY YOGA:** A vigorous, flowing, fitness-based approach to yoga. Each power yoga class can vary widely from the next but generally emphasizes strength and flexibility with continuous movement. ❖⊙■

**YOGA STRETCH:** Beginners to intermediate level yoga session which will stretch your muscles, relax your mind, and relieve your stress with the combination of meditation, breathe work, gentle stretches, and yoga poses; you will be on e step closer to preventing injury and provide a balance to your strength training and sports training routine. ❖⊙■

**YIN YOGA:** a slow-paced style of **yoga** with postures or **asanas** that are held for longer periods of time, designed to improve the flow of **qi**, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. A more meditative approach to yoga, Yin aims at cultivating awareness of one's inner silence, eventually finding a universal, interconnecting quality. ❖⊙■

**\*\*NEW: STRETCH & FOAMROLL FUSION:** Come repair, recover, and reward yourself with the magic of the FOAM ROLLER in this quick 30 minute stretch, relaxation, yoga, and foam roll fusion class. ❖⊙■

### ACSM Recommendations for Flexibility Exercise:

- Adults should do flexibility exercises at least two or three days each week to improve range of motion.
- Each stretch should be held for 10-30 seconds to the point of tightness or slight discomfort.
- Repeat each stretch two to four times, accumulating 60 seconds per stretch.
- Static, dynamic, ballistic and PNF stretches are all effective.
- Flexibility exercise is most effective when the muscle is warm. Try light aerobic activity or a hot bath to warm the muscles before stretching.