

## EXERCISE CLASS DESCRIPTIONS

All fitness levels are welcome! Senior Fitness is a 45 min. class and all other classes are 60 minutes. Bring a mat for the yoga class!

Please wear athletic shoes to all classes, except yoga.

**AEROBICS WORKOUT** – 90% cardio class (dance and athletic moves) high or low impact with a few minutes of toning and cool down stretch. Modifications offered for beginners.

**INTERVAL WORKOUT** - 3 minutes of cardio (STEP or floor) 1.5 minutes of muscle work conditioning, cool down stretch.

**SENIOR FITNESS** - Mild /Moderate Exercise class geared for 55 yrs. And up. Great variety of exercises with (or without) a chair using body bars, dumbbells, tubing, and balls. Emphasis is on balance, strength, flexibility, and muscle coordination. 45 min. class

**STEP & SCULPT** – Intervals of STEP aerobics and muscle conditioning using body bars, dumbbells, balls, and tubing

**STEP ATTACK** – High energy athletic moves on step and floor (moderate to high intensity) with a few minutes of toning and cool down stretch. Modifications offered for beginners.

**TBC** – Total Body Conditioning is a “PUMP” up your muscles class emphasis is on strength training for major muscle groups with a long cool down stretch! Be prepared to work!

**YOGA** – Exercise for your body, mind and spirit with emphasis on practicing yoga asanas (postures), yoga breathing, and meditative relaxation. Many modifications are offered for all levels of fitness.

**ZUBMA FITNESS** – High energy cardio dance fitness class. We use Latin and international music that will move your muscles into an exercise groove. Fun Plus!

**20/20/20** – Instructor’s choice of a combo of any three ( 20 min. ) of these exercise classes on the schedule into one special workout for you! Plan to work up a real sweat!