



## **Fall 2009 Class Descriptions**

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**Beginner Yoga (Level 1)**: Connect with your body, mind and spirit in this FITNESS BASED yoga class. A relaxing and challenging workout all in one! This class is a combination of breathing, strength, flexibility, balance and relaxation techniques.

**Beginner Pilates (Level 1)**: The focus of this class is to strengthen the body's core muscles. Combining stretching and strengthening, Pilates improves flexibility, coordination, muscle control and strength through physical and mental conditioning.

**Belly Dance (Levels 1-3)**: Tone your tummy and tighten your torso as you swivel your way to a Belly Dancing Body.

**Box Fitness (Levels 2-3)**: An INTENSE cardiovascular and strength workout using boxing bags, hand wraps and gloves. Participants will learn and execute various punches, kicks and drills for a full body, extreme workout!

**Butts-n-Guts (Levels 1-3)**: Feel the burn with this class designed to target the abdominals and the glutes. Increase your abdominal strength while tightening up your back-side. Your thighs and back will also get attention during this workout. Guaranteed to tone your problem areas!

**Cardio Sculpt (Levels 1-3)**: Consists of total body sculpting for a whole body experience. This class helps participants develop muscular strength and endurance using a variety of new equipment including weights, body bars, stability balls and more!

**Cycle (Levels 1-3)**: Get ready to sweat in this journey through hills, sprints, jumps, etc.! All levels are encouraged to attend for an intense cardiovascular and strengthening workout.

**GFIT (Group Fitness Instructor Training)**: Learn the basics of teaching all types of group fitness classes. This course will give you hands on experience to help you become an amazing leader in exercise and will also prepare you to become a certified Group Fitness Instructor! ***\*Pre-Registration and weekly attendance is required.***

**Intermediate Yoga (Level 2)**: Connect with your body, mind and spirit in this FITNESS BASED yoga class. A relaxing and challenging workout all in one! This class is a combination of breathing, strength, flexibility, balance and relaxation techniques.

**Latin Dance Fusion (Levels 1-3)**: A Latin inspired dance-fitness class that incorporates international and pop music creating a dynamic, exciting, and effective workout.

**Pilates (Levels 1-3)**: The focus of this class is to strengthen the body's core muscles. Combining stretching and strengthening, Pilates improves flexibility, coordination, muscle control and strength through physical and mental conditioning.

**Rock-Hard Abs (Levels 1-3)**: This class offers innovative exercises designed to strengthen the abdominal, oblique and lower back muscles. It is an ideal addition to another class, or can be taken alone.

**Salsation (Levels 1-3)**: This fun invigorating class takes salsa workouts from the dance to the exercise floor. Expect to get your heart rate up and body moving. It's salsa and cardio and all motion. Lose weight, get fit and stay in shape.

**Trim N Tone (Levels 1-3)**: An EXTREME workout consisting of upper body sculpting with free weights, mixed with intense cardio and body sculpting components.

**Yogalates (Levels 1-3)**: A movement system that combines yoga and Pilates that involves the stretching and strengthening of all the body's major muscle groups.