



## Group Exercise Class Descriptions



**Bootcamp 101** – 60 Minutes - The goal of this fitness boot camp is to provide a whole-body workout that builds strength and endurance. Boot camp 101 offers a challenging and varied workout that can be modified to any level, require little or no special equipment, and create a sense of camaraderie among the participants.

**Cardio Tennis** - Cardio Tennis is a high-energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Cardio Tennis is a fun group activity for anyone at any playing level looking for a fun way to burn calories & interact with others outside of the gym.

**Cycle Express/ Cycle** – 45-60 Minutes -- cycling focused on strength and stamina designed around music and choreographed “scenery” including hills, curves and long flat fast sections of road.

**Kettlebell Express** – 30 Minutes - Are you interested in burning fat, building muscle, increasing strength and stamina? Then this workout is for you. Working with kettlebells offer a different kind of training using dynamic moves targeting almost every aspect of fitness; endurance, strength, balance, agility, and cardio endurance. Challenging and efficient, and you only need one piece of equipment.

**Kickboxing** – 45 minutes – Come experience a total body workout featuring kickboxing moves. Class is designed for all abilities. Not only will you gain strength, but you’ll also see improvements in your core, stability, balance and endurance (*Bring your own gloves.*)

**Senior Fitness** – 60 Minutes – (Beginner level, open to all ages) Move through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living. Hand-held weights, and elastic tubing, are used for resistance and a chair is used for seated and/or standing support.

**Step and Tone** – 45 minutes – Very basic step moves that will build into simple combinations. This class is suitable for all fitness levels and will include toning exercises as well.

**Strength & Resistance**– 45 Minutes – Work your muscles. This class will promote strength, increase bone density and boost metabolism, allowing you to burn more calories even while at rest. Dumbbells, barbells, resistance bands and your own body weight will be used for a full body strength workout. Great for all fitness levels. No cardio in this class.

**SYNRGY360** – 30 Minutes - Our Certified Personal Trainers will provide inspirational fitness experiences, pushing you to your limits with the Synrgy360. It’s about more than just working out; it provides limitless opportunities to train smarter, better, and more effectively.

**TRX / TRX Express** – 30-60 Minutes –TRX is a suspension training class which allows participants to work against their body weight to improve strength, balance, flexibility and joint stability. Progressions and regressions will be demonstrated for every fitness level. TRX will give you new ways to make fitness simple and more effective in a short amount of time.

**TRX Cardio Fusion** – 60 Minutes - A NEW WAY TO TRAIN - Suspension training exercise builds true functional strength and improves flexibility, balance and core stability all at once, as is required on the playing fields and in life. This class combines bursts of cardio throughout the class.

**Yoga** -- 60 minutes - power yoga, flowing and holding poses. Beginner modifications will be given. If you are new to yoga, please arrive 5-10 minutes early.

**Zumba** – 60 Minutes - Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The lightweight maraca-like Toning Sticks enhance your sense of rhythm and coordination, while toning targets zones, including arms, core and lower body.