

Health/Well-Being Class Descriptions and Locations

LOCATION KEY: AG/Aerobic Gym G1/Gym 1 MBC/Mind Body Center MPR/Multi-Purpose Room SC/Strength Circuit WR/Weight Room

CLASS	DESCRIPTION	LOCATION	FITNESS LEVEL
Core / Stretch / Balance	Combination of Pilates & traditional abdominal exercises w/balance and stretching segments.	MBC	Beginner to Intermediate
Fit Camp	Combination of cardio drills and resistance training for a full workout.	AG	Intermediate to Advanced
Gentle Yoga	Focus on breathing, relaxation techniques and deep stretching.	MBC	Beginner
Group Cycling	High energy cardiovascular workout to music on stationary indoor bicycles.	MPR	Intermediate to Advanced
Kickboxing	For men and women; activity utilizing Martial Arts moves to improve fitness level.	AG	Intermediate to Advanced
Pilates	Advanced class to increase core strength, flexibility and improve posture	MBC or YAC	Intermediate to Advanced
Power Flex	Variable free-weight class of combining muscular endurance with music.	AG	Beginner to Intermediate
Raising the Bar	Small group free-weight class for women designed to increase comfort and confidence in free-weight area of weight room.	WR	Beginner to Intermediate
Strength Express	Quick and effective strength circuit in combination with BOSU strength and balance challenges between machines.	SC	Beginner to Intermediate
Strictly Strength	Weight machine workout for muscle strengthening through use of training techniques for variety and BOSU balance segment at end of class.	SC	Beginner to Intermediate
TaeKwon Do	Martial Arts program for youth and adults	G1/AG	Beginner to Advanced
Teens in Training	12-week course for 6 th – 8 th grade students that offers students the opportunity for earning independence into the weight room.	WR	Beginner
Yoga	Balances breathing, strength, flexibility and relaxation techniques to increase muscle tone and oxygenation to working muscles.	MBC	Beginner to Intermediate
You Fit	An interactive class for youth that keeps them moving while using team building.	AG	Beginner
Dance Fitness	An interval class using dance and aerobic moves.	AG	Beginner to Intermediate
Dance Step	An interval class using dance and aerobic step moves to music.	AG	Beginner to Intermediate
3-2-1	Interval training with 3 min of cardio bursts, 2 min of strength, and 1 min of abs	AG	Intermediate to Advanced

