

Group Fitness LAND CLASS Descriptions

BODY SCULPT: Total body weight training concentrating on exercises to improve strength and endurance “head-to-toe”. Classes incorporate dumbbell, resistance band, kettlebell, body weight and other equipment to build muscular strength.

COMPLETE CORE: A core-focused workout that includes complementary exercises and some cardio-based movements for a full body workout. Multiple styles of equipment are used during class.

CYCLING: Add a “spin” to your workout! Cycling is a cardiovascular activity that all fitness levels can enjoy together!

Cycling 30!: An abbreviated, 30-minute cycling format; great for beginning riders and those who enjoy warming up on the bike.

Cycling: A 45-minute cycling experience. Sprints, hills, flats, endurance, Tabata, cadence drills and more may be included in the ride.

Cycle 60: Cyclists go the distance in this 60-minute cycling effort. Elements of the 45-minute ride may be included.

DANCE BLAST: Incorporates a variety of dance movements to enhance fitness; focus is on cardiovascular fitness, building lean muscle strength, and having fun celebrating movement. The class is appropriate for all dancers - the non-dancer to the experienced.

DANCE BLAST+: A high-energy, higher intensity Dance Blast targeting strength and cardiovascular exercises. Flexibility exercises are completed at the end of class.

SEATED DANCE BLAST: This low impact chair workout involves safe dance movements for the upper and lower body for any participant who wants to enjoy movement to music. Appropriate for wheelchair participants, those with balance difficulties and those who dance when driving.

H.I.I.T./BOOT CAMP: Experience with high intensity interval training that incorporates frequent movement and recovery opportunities can impact the metabolism. Activities include: body-weight exercises, kettle bells, hand weights, exercise balls, running, plyometrics, core work, TRX, kickboxing, circuits and more. Designed for participants who want to challenge their overall fitness condition.

KICKBOXING/KICKBOXING INTERVALS: In this HIIT-style, full-body workout, shadow, mitt and bag boxing are combined with floor exercises, drills and skill-specific rounds designed to increase cardio functioning, muscular conditioning, coordination, focus and confidence. Bring your personal boxing gloves or plan to use gloves available in the Studio.

MAT PILATES: A low-impact full-body workout that promotes alignment, balance and strength. Benefits include improving core stability, strength in surrounding muscle groups, and increasing overall mobility all while being gentle on the joints. Intensity is added using weights and other props.

PARKINSON'S BIG GRAD: For individuals who have completed the LSVT Big program, this class incorporates the 7 maximum daily exercises learned in the program. Exercises emphasize high effort and large amplitude, whole body movements to improve gait, speed and balance.

STRENGTH 45: This strength-based class is programmed for those who want more lean definition and muscular strength. Equipment used may include body weight, bars, kettlebells, dumbbells and more while coaches teach safe and effective lifting techniques.

STRENGTH & BALANCE: Maintaining a level of mobility increases the ability to move purposefully and intentionally. Mobility and balance increase independence. This class highlights stretching strategies to increase flexibility, range of motion, balance, and core strength and enhances the ability to move freely.

STRETCH AND CORE: A workout focused on building stability and endurance in the muscles that support the core. Improves balance, assists in injury prevention and creates balance within the body. Participants will incorporate breath-controlled Yoga, Pilates and Tai Chi inspired movements to strengthen the body from the inside out.

TOTAL BODY FUSION: A collaborative combination of cardio, strength training, and stretching. Utilizing techniques from team sports, station drills, kettle bell training, bodyweight training, cycling and low and high intensity workout routines.

TRX: A total body resistance exercise method where suspension straps and bodyweight are used to develop strength, balance, flexibility and core stability simultaneously. Gravity and body weight are leveraged in multiple ways in this class. TRX Basics should be completed prior to enrolling into a TRX class.

TRX BASICS: A one-on- one session that introduces and refines safe practices and the fundamental movements of TRX; allows for the check-out of TRX straps for individual use and participation in TRX classes and series.

YOUNG @ HEART: Experience a low impact workout, using a variety of exercises, to improve strength, cardio, balance and flexibility. Some floor exercises on the mat for core are also incorporated. A great interactive and full body workout!

ZUMBA®: this fitness program combines Latin and international music with dance moves. Routines incorporate interval training - alternating fast and slow rhythms. Focus is on toning, building lean muscle strength and a cardio workout. Instructors use nonverbal cues to show, rather than tell, participants how to feel empowered through motivational music.