

# GROUP FITNESS CLASS DESCRIPTIONS

**Ashtanga Yoga:** Linking breath with movement in a modified practice of the primary series.

**Classic Yoga:** Pranayama (breathing practices), Asanas (poses and postures), Yoga Nidra (deep relaxation) and meditation.

**Flow Yoga:** Linking breath and movement in an active yoga practice.

**Gentle Yoga:** Perfect for beginners or those who want yoga at a slower pace.

**Hatha Yoga II:** A yoga class that involves balancing, standing and seated postures leading to a deeper experience in your practice.

**Cycle:** All terrain rides for enthusiasts of all levels; one-hour class.

**90 min Cycle:** 1 ½ hour cycle class

**Cycle Fusion:** 75 min. class (60 min of cycling and 15 min. Abs+)

**Intermediate Step (Int. Step):** Choreography is more complex with optional power moves, abs & back included.

**Step Interval (SInt.):** Intermediate step with 5 minute intervals cycled with 2 minutes of MC. Abs & back included.

**Aerostep:** Intense interval class alternating 4 minutes of floor aerobics with 4 minutes of step.

**BOOTCAMP:** Inside/outside class with strength/cardio intervals and drills with some running (high intensity class).

**Kickboxing:** An exciting high cardio class with kickboxing drills that strengthen and improve coordination.

**Muscle Conditioning (MC):** Using bands, bars and weights to provide a complete muscle-strengthening work-out.

**Pilates:** Work to strengthen the core, lengthen the spine, build muscle tone, and increase body awareness and flexibility.

**Power Pilates:** Incorporating pilates principles into muscle conditioning.

**Fit and Fabulous:** Low impact class with MC followed by a 15-minute stretch.

**Cardio-Dance:** Fun and exciting high energy aerobic class with dance intervals.

**Zumba:** A style of intense dance-aerobics workout with pulsating Latin music.

**Zumba Gold:** Zumba class at a lower intensity.

\*\$Additional Fees\$ Please look online or in our seasonal magazine for more class details

Any questions or comments regarding the group fitness schedule/program please contact  
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