

## GROUP FITNESS CLASS DESCRIPTIONS

**Advanced Step:** Specifically for the more advanced participant. Complex choreography, longer cardiovascular segments and intense power moves. Abs & back included.

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

**Cardio Interval:** Intermediate floor aerobics with 5 minute intervals cycled with 2 minutes of MC. Abs and back included.

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

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

**DPX:** (Dance Pilates Exercise) Go to the next level with your strength, flexibility, balance and endurance in this choreographed class of continuous movement.

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

**Half and Half:** Instructor's choice of classes offered. Abs & back included.

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

**High-Low:** Floor aerobics with more intense combinations. Abs & back included.

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

**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.

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

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

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

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

**See official monthly Group Fitness Schedule for current dates, times, and classes.  
For an introductory class please schedule an appointment with the Group Fitness Director.**