

GROUP FITNESS CLASS DESCRIPTIONS

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

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+)


Cycle n' Tone: Same as cycle class but with strengthening and core exercises.

Butts n' Guts: Just as it sounds. All exercises focused on your backside and stomach areas.

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.

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

\$Body Pump\$:  is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

\$Cardiopump\$: Modified bootcamp class. Class will go outside, cycle and may go in the pool. Be prepared for running, push-ups, squats, etc. Free for fitness center members, please look online or in our seasonal magazine for more class details.

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.

Precision Pilates: Precision Pilates offers Pilates students an opportunity to increase their understanding of alignment, initiation of movement, and total body connection in every exercise. Lotte Burke Method, modern dance, and Yoga will compliment this precise Pilates practice.

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

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

*\$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 Kelly Cohen @ 545-8641 or kcohen@weinsteinjcc.org