

## GROUP FITNESS CLASS DESCRIPTIONS

**All Classes open to ages 12 years and older. Children 12-13 years must have adult in class with them.**

**HIIT = High Intensity Interval Training-** High-intensity exercise periods alternated with periods of rest repeated throughout routine. There will be a mixture of styles similar to Crossfit, Insanity, body pump, and fartlek training.

**Intro. To Weight Room-** The fitness center weight room does not have to be intimidating. Ever wondered how to use a particular piece of equipment? A fitness attendant will provide fundamental tips on proper form, execution, and etiquette.

**Line Dancing** – a 30 minute low impact “interval” style class that provides the heart-healthy benefits of an aerobic **exercise** while also allowing you to engage in a social activity. The **exercise** not only helps the **dancers** to keep fit and healthy but also learn to master a **dance** and build friendship.

**Seated Aerobics-** Non impact aerobics. Work up a sweat while seated and working all body parts. All ages are welcome! Great for post rehab patients.

**Sculpting-** A workout challenging your major muscle groups by using the weight-room exercises like squats, presses, lifts and curls. Your muscles will feel a little sore after your first class, but it will get easier. Discuss what weights to use with instructor prior to class for best results.

**SPARBO-** Kickboxing, martial arts, and great music for intense cardio and body toning.

**SPIN-** A 45 minute energized indoor bicycling workout. Instructors guide participants through workout phases like warm-up, steady up tempo cadences, sprints, climbs, cool-downs, etc. You can wear tennis shoes or Shimano-style SPD cleats. Bring a small towel and a water bottle.

**SPIN & ABs-** 40-45 minute indoor bicycle ride & 15-20 minute hard core workout. Are you intimidated to SPIN? This is the perfect intro to cycling class. Less intense than other SPIN classes. You will learn how to set up properly on bike, and Bring a small towel and a water bottle. Bikes are 1st come/1st serve until further notice.

**Step & Tone-** Combination of step aerobics with weight training. Medium impact step aerobics, but expect high intensity results. Beginners are welcome.

**YOGA-** **Yin** – is a slow-paced style of yoga as exercise with asanas (postures) that are held for longer periods of time

**Slow Flow** – allows beginners to create their own synchronized flow, while learning poses and how to move, breathe and stretch between poses

**Hatha** – simply refers to the practice of physical yoga postures

**Restorative** - is a practice that is all about slowing down and opening your body through passive stretching

**Zumba-** The program fuses hypnotic Latin rhythms and easy-to-follow moves. The routines feature fast and slow rhythms and resistance training are combined to tone

## TWEEN (9-13 year olds) CLASS DESCRIPTIONS

**Speed N Strength** - Incorporation of Sport Conditioning drills and other activities like running, weights, plyometric, and abdominals all to make you a stronger, faster performer.

## VIDEO CLASS DESCRIPTIONS

**VIDEO classes are offered to enhance the classes offered at SPAR RAQC. VIDEO classes will not eliminate the classes offered with interactive Instructor.**

**Group Rx: VIDEO** – War = Kickboxing, self defense, and martial arts. BOSU = Core/ Abdominals with some legs. Beginner Step = Basic aerobic exercise routine, can be performed with or without steps and risers. Power Step = Take steps and risers to the next level. Excellent cardio and toning workout. Transform = movement from yoga, pilates, & sport.

**SPINNING Rides on VIDEO** – Chose your ride with scenery and easy-to-follow prompts or rides that feature international cyclists. Check the Group Fitness schedule for specifics.

## AQUATIC FITNESS CLASS DESCRIPTIONS

**A.B.C. - (Aquatic Body Conditioning)** - Expect 25 minutes of cardio, plus toning with the aqua barbells, and stretching. Abdominals and arms are primary focus of toning.

**Aqua Fit Xtreme-** Expect 35-45 minutes of high intensity cardiovascular workout in Teaching Pool. Abdominals and toning are included in all Aquatic Fitness Classes.

**Hydro Power-** Expect 30-40 minutes of medium/high intensity. Some hopping, jumping during cardio workout. Abdominals and toning is included in all Aquatic Fitness Classes.

**Silver Aquacise-** Medium intensity workouts in Teaching Pool. Open to all ages. Beginners are encouraged to attend this class.