

GROUP FITNESS DESCRIPTIONS

THE SPORTS CLUB (610)833-2000

BASIC TRAINING - HELD ON SATURDAYS 8:30 - 10:00AM

A 90 minute class designed for the individual preferring a class that incorporates basic calisthenics and Cardio Power Kick style of aerobics. Men as well as women enjoy this class due to its military style promotion of muscular endurance and aerobic conditioning. If you would like to participate in a class that is challenging, yet easy to follow, **THIS IS YOUR CHANCE!!!**

BODY SHAPING/SCULPTING (B.S.)

This 60 minute class is designed for the individual who wishes to build strength and flexibility through toning, firming, and stretching each major muscle group. There is no aerobic segment in this class. The Step may be used for incline, decline, and elevation which will allow exercising through a fuller range of motion. Weights, Xertubes, Body Bars, Flex Balls, Medicine Balls and Dana-bands will be made available to participants who wish to achieve maximum results.

CARDIO FUSION

A unique class that will consist of a mixture of various types of aerobics, body sculpting and pilates. The step, weights, flex & medicine balls along with other types of strength training equipment may be incorporated into class. **This class is designed to provide you with a different and complete workout every week.**

CARDIO MIX & MORE

Class consists of various types of cardio aerobics including Low Impact, Step, Cardio Kick and Tabata that is easy to follow to enhance your cardio workout. This will be followed by a segment of strength training, abdominal workout and cool down. **SO IF YOU ARE LOOKING FOR VARIETY WITH YOUR CARDIO WORKOUT, GIVE THIS CLASS A TRY!!!**

CIRCUIT CLASS(CC) ***(Held on Monday, Wed. & Fridays 6:00AM Upper Gym)*******

This class is for members who like to combine muscular endurance training with aerobic/ anaerobic conditioning. Participants are encouraged to warm-up prior to taking this class. Class will last anywhere from 30 to 40 minutes. This class will assist participants in developing muscular endurance and increase their anaerobic threshold.

******THIS CLASS IS DESIGNED FOR HIGHLY CONDITIONED PARTICIPANTS******

INDOOR CYCLING (IC)

Indoor cycling is the ultimate for participants who desire an effective cardiovascular workout. The class size of 8 to 14 participants allows for a social atmosphere which adds to the motivation and excitement of the class. The skills required to master indoor cycling are as easy as getting back on a bike. This is a 60 minute class which is easy on the joints. Participants can adjust the intensity of their workouts and don't have to worry about looking uncoordinated. What makes this class so appealing is that it can be enjoyed by men and women of all fitness levels.

INTERVAL STEP TRAINING (IST)

A 60 minute class which combines cardiovascular conditioning with the use of the Step and weight training. Hand held free weights, Xertubes, flex & medicine balls and the Body Bar are used to achieve a well balanced work-out. This class is a great introduction to Step aerobics and accommodates participants of all fitness levels.

INSANITY Held on Wednesday Evenings at 6:00 - 7:00PM

Insanity is a cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. You don't have to be in extreme shape - **LEVELS OF EACH EXERCISE ARE PROVIDED.** Time to dig deep!

KICKBOXING

Kickboxing is a cardio class that consist of stand-up martial arts and boxing moves. Included in this class is instruction on how to use boxing gloves, mitts and a heavy bag to enhance your workout and performance.

Kickboxing is practiced for self-defense, as a contact sport or as to increase overall general fitness.

This class is a much fun as it is challenging. Why not give it a try!!!

LITE COMBO (LC) Monday & Wednesdays 11:00am in the lower gym

60 minutes of easy to follow moves designed to promote strength, muscular endurance, flexibility and coordination. The aerobic segment of this class will help promote cardiovascular fitness using traditional non- impact moves. Lite hand held weights may be used in this class to assist with muscular conditioning. Emphasis is placed on proper breathing techniques and body alignment. Class is designed for the beginner to intermediate level participant.

LOW IMPACT AEROBICS (LI)

This movement class is designed to give maximum cardiovascular benefits with little stress to the joints. The high energy aerobic segment is followed by an effective body sculpting and abdominal workout. If you like to move and want to feel ENERGIZED with less impact on joints....this class is for you.

LOW IMPACT/BODY SHAPING (LI/B.S.)

Combination class of Low Impact Aerobics and Body Shaping.

For more detailed information see descriptions for Low Impact and Body Shaping descriptions.

ONE STEP BEYOND (OSB) ** *(SUNDAYS AT 10:00AM IN THE UPPER GYM)***

This 90 minute class will consist of a warm-up, advance step combinations, abdominal workout and stretching. This class promotes cardiovascular fitness, endurance, strength and flexibility by utilizing the step-up method of training. If you love a challenge and enjoy aerobics, **TAKE A STEP IN THE RIGHT DIRECTION!!!** Class is designed for experienced Step participants who **WANT A CHALLENGE.**

PILATES

A conditioning program that uses the exercises of Joseph H. Pilates to improve control, flexibility, and strength. The workout consist of a sequence of carefully performed moves designed to stretch and strengthen, open joints and release tension. Yoga postures, Tai Chi and Qi Gong exercised maybe included.

POWER SCULPT (PS) (see Body Shaping description)

This class is designed for participants at an intermediate to advanced fitness level of fitness.

SENIOR CONDITIONING (See description for Lite Combo)

This 45 minute class is held on Tuesday & Thursdays at 10:30am in the Lower Gym.

There is no floor work performed during class.

RED HOT BARRE FITNESS

Red Hot Barre Fitness combines the Red Hot Music from Red Hot Dance Fitness with Dance and Fitness inspired movement designed to give you a complete workout: Cardio, strength and flexibility training all in one.

This class is performed on portable barres to enhance your fitness experience and introduce you to a new and exciting type of workout. ***GET SWEATY AT THE BARRE!***

TABATA - CORE AND MORE

Take your body and mind out of its comfort zone in this Tabata inspired cardio and strength workout. Tabata is an interval drill based program. This super effective calorie and fat torching system includes a total of 8 exercises. Each exercise is done for 20 seconds, working as intensely as you can, with a 10 second recovery and is repeated 8 times. A total of 4 minutes for each exercise drill. The Tabata segment will be followed by a core strengthening and a thorough cool down/stretch. We are confident that you will just love this unique class style!!!

STEP AEROBICS (SA)

This 60 minute class is designed to increase cardiovascular endurance. Experienced instructors will demonstrate safety and modifications for new steppers, but will also incorporate challenging choreography and high level of intensity for our more advance participants

TOTAL BODY (TB)

Combination class of Pilates and Body Shaping

YOGA

Yoga is the ancient science of flexibility, balance, strength and relaxation. Enhance your workout by increasing your range of motion and flexibility. Prevent and recover from injury faster, release physical and mental stress.

“GET ON TRACK WITH THE OLDEST BUT HOTTEST FORM OF EXERCISE.”

ZUMBA

Zumba is a dance fitness program that combines Latin and international music with dance in an effort to make exercise fun. The Zumba workout provides fitness benefits because its routines feature interval training sessions with fast and slow rhythms and resistance training which are intended to tone and sculpt the body while burning fat. Music is the key ingredient to Zumba classes. The score, created with specific beats and tempo changes, transitions the workout from one toning, strengthening or cardio move to another, thus targeting every major muscle group in the body. No previous experience in dance is needed to have fun with Zumba. **ZUMBA IS A “FEEL HAPPY” WORKOUT THAT IS GREAT FOR BOTH BODY AND MIND. JOIN THE PARTY!**

TO ENSURE YOUR SAFETY, WE DO RECOMMEND MEMBERS CONSULT WITH THEIR PHYSICIAN PRIOR TO STARTING ANY EXERCISE PROGRAM.