

## Orange County Sportsplex Group X class descriptions

**Yoga**- Classes are based on the Hatha style of Yoga, but each instructor brings their own unique style and expertise to the class.

**Yoga Basics**- Great for beginners or those who want to refresh themselves with the finer details of Yoga.

**Pilates**- Similar to Yoga moves, but concentrates on core muscle groups. **Power Pilates** is done in a fast moving sequence to tone your core and work your heart.

**Yoga Stretch**- An instructor will guide you through relaxation and stretching sequences. Yoga experience not required.

**Tai Chi**- Practice of this "moving meditation" is reported to reduce stress, improve health, increase flexibility and strength, enhance self awareness and bring balance and harmony. Beginner and experienced students welcome.

**Firm & Tone**- Total body workout using a variety of equipment. This class is non-cardio.

**20/20/20**- 20 mins of cardio, 20 mins of body toning and 20 mins of abs. Get it all in one class!

**Strength & Stretch**- Designed to strengthen and stretch muscle groups all in one class!

**Step & Step X-press**- Workout using a step to increase effort. Provides great cardio and toning benefits. Beginners are welcome in the Step class (check the schedule- once a quarter we offer an **Intro to Step class** for beginners!) but the Step Xpress class is for intermediate/advanced steppers.

**Abs & Arms**- ½ hour class focusing on abdominals & arms/shoulders. It is strongly recommended you warm up prior to this class. **Ab workout** on Friday mornings is a 15 min workout.

**Zumba**- Workout combines high energy and motivating music with Latin flavored dance moves and combinations. Easy to learn and fun! **Zumba Gold** is a lower intensity, slower and less "twisty" version.

**Indoor Cycle**- Classes led by an instructor who takes you through a simulated "ride" changing the speed and resistance of your stationary bike. Each instructor brings their own style to the class. **Cycle & Run** includes a quick run outside at the end of class. **Intro to Cycle** is a great class for beginners and seasoned cyclists alike!

**Interval**- The cardio and strength moves are done in alternating intervals.

**Circuit Training**- Stations of strength training or cardio are positioned around the room. Participants spend a designated amount of time at each station before moving to the next.

**Kickboxing**- High energy/ High intensity. Choreographed routines w/ upper and lower body moves based on martial arts and boxing. You do not need to know any martial arts to participate.

**Pace Setters Cardio Sculpt**- Specifically designed for members 55 and older. Focuses on Cardio, strength and balance. Class meets in lobby by the front desk then goes to the Sr. Center.

**Prenatal Exercise**- This class is in the pool and is run by Healthy Mom's NC. You will need to preregister for this class at [www.healthymomsnc.com](http://www.healthymomsnc.com)

**Hoopnatics**- Like Zumba, you get a cardio and core workout, but this class uses the Hoola Hoop to work you out. A fun class for all levels of fitness.

