

## CLASS DESCRIPTIONS

(Some classes may not be on the Schedule this month)

**Step and Step X-press-** Step is a fast paced, fun, bench stepping class with moves on and off the bench. Routines are easy to follow and provide great cardiovascular and toning benefits. Beginners are welcome in the Step class, but the Step X-press is designed for the intermediate/advanced stepper.

**Beginning Step-** A 30 minute introduction to step. You will learn key phrases and some basic moves. Look for this class after a membership drive so you can work your way up to the Step Xpress class.

**Abs & Arms-** This half hour class features the use of optional resistance equipment like weights and resistance bands to tone the abdomen and arms. Attention is given to individual needs and all fitness levels are welcome to attend. It is strongly recommended you be “warmed up” just prior to joining this class.

**All About Abs-** The name kind of says it all... a 40 minute class working the abs in a structured, challenging format. Easily adapted for beginners.

**Firm & Tone-** Head to toe toning best describes this class! Whether you use resistance bands or hand weights, this class is structured to target all the major muscle groups using a variety of ever changing exercises. Beginners are welcome.

**Hatha and Pilates Yoga-** Both classes offer strengthening, relaxation and flexibility, but Pilates style really focuses on working the core muscles of the body. Hatha Yoga is a gentler, flowing style with a concentration on relaxation. **Beginning Yoga** on Wed nights is a great way to get started!

**Stretch & Yoga Stretch-** The more you exercise, the more you need to stretch! These classes will take you through a easy pattern of stretching to leave you feeling relaxed and renewed. The Stretch Class is appropriate for all age and fitness levels & balance exercises will be intergraded. Yoga Stretch adds an element of Yoga poses to the stretch routines.

**Core Strength & Stretch-** This 45 minute lunch class focuses on abdominals and low back strength and total body stretching.

**Muscle Pump-** This class takes strength training moves and adds intensity moves to create a powerful workout that tones, strengthens and shapes the whole body. A variety of equipment and movements are used. This class is appropriate for beginners through advanced.

**Interval-** This class promises an express cardio workout with major muscle toning in the shortest amount of time by incorporating weighted cardio work and a variety of sprint intervals. Definitely for the manics.

**Run club & Beginning run club-** Meet at the Front Desk to stretch & receive the run destination. New runners and veterans are welcome. Teresa will have help and encouragement for all levels. Families are welcome, but children must be able to keep up with the class. Kids under 16 need to be accompanied by a parent.

**Basic Conditioning-** Join us for some gentle exercise and stretching in a friendly & relaxed atmosphere. The class is appropriate for Seniors of all exercise levels and is easily adapted for those who need to sit while they exercise.

**Teens & Tweens in Training-** This is a new class designed for our young athletes who are too young for the weight room but need some help with sports conditioning or just want to get in better shape. The class is designed for those 11-15 years old and will include cardio, strength training and flexibility work. (Class meets by the spin room, but class may be held anywhere on the SportsPlex premises!)

**Interval Spin-** This class focuses on strength. Participants are on and off of the bike .When on the bike they are climbing or concentrating on riding flat roads in a bigger gear. Time off the bike is spent with bike specific strength training exercises using weights.

**Spin &...-** For triathletes, wanna-be triathletes, or people who just want the benefits of cross-training. Focus on riding skills and endurance. Bring your running and swimming gear to this class. You will spin for at least 30 min. possibly the entire hour BUT he likes to throw in a run or a swim sometimes following the 30 minute spin session.

**Endurance Spin-** Join Eddie for an invigorating workout! Let the music (and Eddie) push you to working at your lactate threshold. Class is easily adapted to all levels.

**Race & Ride-** This class is designed to simulate an outdoor ride, complete with hills and long, rolling sections that you can sprint! Bring a water bottle!

**Basic Spin/Lunch Spin-** Don't let the “basic” part fool you! This is a spin class in it's original form. The instructor will guide you through a variety of workout patterns and training drills. All with great, pumping music in the background to distract you, of course!

**Power Low-** “Low” means you always have 1 foot on the floor. The “power “ part means you are going to work hard with the one foot on the floor! Easy to follow patterns on the floor provide a challenging, motivating workout that is easily adapted to most fitness levels.

