



## GROUP EXERCISE CLASS DESCRIPTIONS

**Building Bones & Balance-** Designed to build bone strength and reduce the risk of falls by improving strength, posture, balance and flexibility. The exercises in this class are proven safe and effective for managing osteoporosis and osteopenia. The class involves functional strength training such as squats, lunges, and stepping on and off of a step platform with a focus on correct form. Weighted vests are recommended but not required.

**Circuit Training-** Use of weight machines on Fitness Floor with an emphasis on conditioning and reshaping the body. 75-minute class that includes individual aerobic exercise, total body resistance work, ending stretch with health information. Class is open to all fitness levels.

**Circuit Training in the Crossline Room-** Evening circuit training (aka "Party in the Crossline Room"). Combines weight training, aerobic and floor exercise, plus balance work and stretching. A 60-minute class with upbeat music, suitable for all fitness levels, providing a comprehensive workout.

**Drop-In Circuit-**One hour class that allows you to come at any time during the 60 minutes and do as much or as little as you like with instructor guidance. Located in the Crossline Room.

**Core Conditioning-**AB-solutely fabulous workout of abdominal and lower back exercises to sculpt your middle body.

**Cycling-** Group cycling at its best! Classes are interval based workouts taught by motivating instructors and include great music to keep those feet pedaling. High energy but very adaptable for all fitness levels.

**Fit for Life-** A complete and varied workout for all ages. Also good for those starting or returning to an exercise program. Class consists of a 15 minute warm up, 15 minutes of step and 20 minutes of easy to follow floor aerobics; balance work; 25 minutes of resistance work; hand weights for upper body; abdominal crunches; 15 minute flexibility stretch. Step is optional.

*Intensity Level: Low-Intermediate*

*Complexity: Basic-Intermediate*

**Group Power-**Group Power is your hour of power. This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

*Intensity Level: Low-High*

*Complexity: Basic*

**Group Strength-** Like Group Power, this great head-to-toe strength-training workout is designed each month by the instructor using dumbbells, barbell and core building tools that is accompanied by fun music. Provides functional strength for everyday activities. Adaptable for all fitness levels.

*Intensity Level: Low-High*

*Complexity: Basic*

**Hip Hop-** Can you shake that groove thing? You'll be moving your body to the music and getting a great workout while you do it. 60 minute class with fairly complex choreography.

*Intensity Level: Intermediate -High*

*Complexity: Intermediate-Advanced*

**Kickboxing-** Are you looking for a fun workout that will produce real results? Do you want a well proportioned body, better speed, and agility? Do you want to improve self-confidence, determination, and courage? This kickboxing class will burn serious calories while chiseling your body

**Mostly Jazz-** A jazz dance class that will have you feeling like you're dancing on Broadway! This is a high energy class with complex, choreographed dance routines. 90 minutes.

*Intensity Level: High*

*Complexity: Advanced*

**Quick Start Step-** A great class for those interested in an easy to follow, shorter (40 minutes) cardio step workout.

*Intensity Level: Low-Intermediate*

*Complexity: Basic*

**Step/Power Step-** Cardio workout incorporating a step with optional height. Motivating music paired with fun moves and exercises to make the time fly by. All classes are open to anyone, however if you have never done step before, you may want to begin by taking the Quick Start Step and progress to the other step classes.

*Intensity Level: High*

*Complexity: Intermediate-Advanced*

**Step & Strength-** Total class time is 75 minutes. We begin with a 45-50 minute step class followed by approximately 20 minutes of weights, finishing with abs and a stretch.

*Intensity Level: High*

*Complexity: Intermediate-Advanced*

**Total Fitness-** Total body strength training workout using barbells, dumbbells and dynabands. Many people new to weight lifting try this class first and then progress to Group Power or Group Strength. 60 minutes.

*Intensity Level: Low-Intermediate*

**ZUMBA-** Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic dance workout system that will blow you away.

*Intensity Level: Intermediate-High*

*Complexity: Basic-Intermediate*

## **MIND/BODY CLASS DESCRIPTIONS**

**NIA-** A cardio-dance fusion class incorporating elements of martial arts and yoga. Come experience a totally unique and fun workout!

**Pilates-** Mat classes that improve strength, flexibility, coordination, alignment and balance. Participants work on building core strength and enhancing the mind/body connection. Great for strengthening the abdominals and lower back. Intensity and complexity vary by class.

**Tai Chi-** graceful, ancient Chinese standing exercise form that combines relaxed slow movement with a calm, alert mental state. Both a Martial Art and Moving Meditation, Tai Chi improves breathing and circulation, while reducing stress. All ages.

**YOGA-** For those that want to deepen their practice and understanding of yoga fundamentals, with an emphasis on increasing strength, stamina and flexibility. There is a focus on breathing and body awareness. Participants may bring their own mats or use those provided by TAC. Levels vary by class. See schedule for Beginner, Continuing Beginner, and Intermediate options.

**Gentle Yoga-** For the beginning or deepening Yoga student, those recovering from injury or illness, pregnant women, and anyone seeking a relaxing, strengthening and inspiring practice. Slow and deep Yoga, well-described and demonstrated, with encouragement of awareness and modifying to your own best interests.

**Tri-Yoga-** Yoga is a 5000 year old practice that emphasizes the connection between the mind, body, and breath. With an emphasis on postures, breathing, and deep relaxation, students of Tri-Yoga can expect to increase flexibility, strength, endurance, and mental focus. Since Tri-Yoga is a systematic method, it is appropriate for all ability levels.

**If you have any questions or would like help finding the right classes for you, contact Jen Humphreys, Group Exercise Director 757-8559**