



Group Exercise Class Descriptions

Below are descriptions of the group exercise classes we offer association-wide. Programs vary by branch with schedules available on our [schedules webpage](#).

- 20/20/20 - Get it all in one class. 20 minutes of floor/step aerobics, 20 minutes of toning and 20 minutes of stretching makes this class a great part of your fitness regimen.
- BARRE | Beg - Adv Set to a blend of fun, energetic contemporary and classical music, incorporates an upper body workout with light weights, a sculpting abs portion, and a combination of high-intensity sequences of thigh, seat and core exercises at the barre. Feel invigorated, challenged, and inspired.
- BARRE FUSION | Beg - Adv This class combines the best of Barre adding in elements of Pilates, yoga, dance and more. This class was created with a focus on fine-tuning your muscles.
- BODYCOMBAT™/ BODYCOMBAT™ EXPRESS | Beg - Adv LES MILLS™ program. A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness, no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. BodyCombat is offered as a 55 or 45 minute workout.
- BODYPUMP™/ BODYPUMP™ EXPRESS | Beg - Adv LES MILLS™ program. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. BODYPUMP™ is available as either a 55, 45 or 30-minute workout.
- BOOT CAMP – Military style total body conditioning workout incorporates cardio and strength drills. INTERMEDIATE TO ADVANCED
- FLEXIBILITY AND FOCUS - Bring your yoga mat for a restorative stretch with body movements designed to restore and rejuvenate a healthy balance in flexibility and focus.



- HIIT (High Intensity Interval Training) Int-Adv Interval-based class designed to burn fat and increase endurance using high intensity exercises and short breaks. Be prepared to sweat!
- INTERVAL TRAINING | Int - Adv This 55-minute class combines a series of strength and cardio intervals using various equipment designed to improve strength, cardio endurance and overall fitness! Combining both strength training and cardio into your daily workout is key to improving form, endurance and daily calorie burn.
- KICKBOXING | Aerobic conditioning with a punch. Kick your regime up a notch and see. May use kicking bags and jump ropes.
- LOW IMPACT AEROBICS – Get a great cardiovascular workout with floor aerobics consisting of low impact moves that is great for your heart but easy on your joints.
- MUSCLE UP! – Feeling Strong? You will, as you train to increase your muscular strength and endurance. Progress at your own pace using a variety of equipment in a group setting. Functional, core and flexibility training in every class so you can move better every day. Time to muscle up! ALL FITNESS LEVELS
- PILATES | Increase core stabilization, strength, flexibility and balance using controlled breathing and mindful movement
- PLYOGA | PLYOGA is a four part interval training system using the benefits of fundamental and accelerated yoga as an active recovery for plyometric (reactive) movement. PLYOGA is for everyone from a fitness beginner to a perennial athlete trying to connect with their inner athlete. No equipment. Just you.
- POP PILATES | Beg - Adv An incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges individuals to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched.
- ROCK YOUR CORE – 30 minute core-oriented workout using moves from a variety of disciplines including Pilates, Yoga and mixed martial arts with a pop/rock beat. Come on in and rock your core! All Fitness Levels.
- SENIOR FITNESS – Designed specifically for the active older adult, workout offers non-impact aerobics, strength exercises, core work and ends with a relaxing stretch. BEGINNER
- SENIOR STRENGTH – Designed specifically for the active older adult, workout offers strength exercises and standing core work and ends with a relaxing stretch. BEGINNER



- STRENGTH & SCULPT | Beg - Adv A total workout using various types of equipment including hand weights, body bars, medicine balls and resistance tubing to strengthen the entire body.
- STRONG 30 – Using only your bodyweight STRONG by ZUMBA will test your strength and stamina in a powerful cardio and muscle-conditioning session in one, all led by music. STRONG 30 packs a challenging and total body workout in 30 minutes. The efficient and focused class helps you fit fitness into any schedule.
- TABATA –A challenging, high-intensity interval workout. Each Tabata round is eight consecutive intervals of maximum intensity for 20 seconds, followed by 10 seconds of recovery. INTERMEDIATE TO ADVANCED
- TOTAL BODY CONDITIONING (TBC) | Beg-Adv Total Body Conditioning is a head to toe strength and toning workout achieved through high repetition exercises that incorporate body bars, dumbbells and more.
- TRX GOLD – Build strength, increase flexibility, mobility, and prevent injuries, all at the intensity you choose. TRX GOLD is a full body workout with low impact using the TRX suspension trainer plus other modalities. (BOSU, kettlebells, dumbbells, etc.) Take your workout to a whole new level! Beginner to moderate levels.
- TRX HEART & SOUL – 30 minutes of high intensity heart pumping cardio followed by 30 minutes of soul soothing stretch. Participants will enjoy using the TRX Suspension Trainer, BOSU, free weights, and other equipment. All fitness levels.
- TRX YOGA FUSION- TRX suspension is the perfect tool to use in yoga. Incorporating yoga postures, with TRX techniques, allows beginners to benefit from the core engagement provided by the TRX suspension trainer. More experienced yogis will use the TRX suspension trainer to gain confidence in tackling new or difficult poses while also benefiting from core engagement. Beginner to moderate levels.
- ZUMBA® | Beg-Adv Enjoy a calorie-torching, heart racing, muscle pumping fitness dance party to energetic music.
- ZUMBA Gold – Easy-to-follow ZUMBA choreography that focuses on balance, range of motion and coordination. Perfect for active older adults who are looking for a modified
- ZUMBA class that recreates the original moved you love at a lower intensity. Come ready to sweat, and prepare to leave empowered and feeling strong.



SPIN CLASSES

- SPIN / EXPRESS SPIN | Beg - Adv Our instructors will take you on journeys that include standing and endurance rides, hills, climbs, intervals and sprints. Spin is available as a 55 minute ride or as an Express 30 minute ride.
- BEGINNER SPIN | Beg - Adv This no-pressure beginner spin class lets you set your own pace with guidance from our spin instructors.
- POWER STAGES SPIN | Beg - Adv This 55 minute ride is for the goal oriented, athlete or for those simply motivated by results and enjoy stats! Enjoy terrains including flats, sprints, climbs, jumps and recovery. You will work on improving your individual performance metrics to motivate you throughout the ride.

YOGA

- CHAIR YOGA | Beg. A gentle style of yoga that is practiced in a chair or standing using the chair for support. Great for everyone, as it deepens flexibility, strengthens personal body awareness, and incorporates yoga breathing exercises. (Low Impact)
- GENTLE YOGA | Beg. A restful, calming class including breathing, gentle flowing movement, passive and supported poses. This is a perfect beginning yoga class that is also appropriate for those working with injury, limited mobility, or who prefer a softer, gentler approach to yoga. (Low Impact)
- HATHA YOGA | Beg. - Adv. Focus on a variety of traditional yoga poses, standing and seated. Increase your strength, flexibility and posture. (Low Impact)
- MEDITATION | All levels Meditation is the process of quieting the mind in order to spend time in thought for relaxation or religious/spiritual purposes. The goal is to attain an inner state of awareness and intensify personal and spiritual growth. In practice, meditation involves concentrated focus on something such as a sound, image or feeling. (Low Impact)
- QI GONG YOGA | Beg. - Adv. "Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent." - nqa.org (Low Impact)
- TAI CHI | Beg. – Adv. An ancient Chinese martial arts widely practiced for its mental and physical health benefits. The slow, flowing movements often referred to as meditation in motion, are used to promote balance, coordination and stress reduction. (Low Impact)



- VINYASA YOGA | Int. - Adv. Synchronize the breath with a progressive series of postures - produces Internal heat and a purifying sweat that detoxifies. Improve your circulation, flexibility, strength, and calm your mind. More challenging practice - form and alignment emphasized.
- YOGA | Beg. - Adv. Foster's body awareness and dynamic balance while exploring the mind-body connection and improving your joint stability, core strength and flexibility. (Low Impact)

AQUATIC GROUP EXERCISE (Low Impact)

- AQUA AEROBICS | This low impact class focuses on using the resistance of the water to help increase flexibility, range of motion, balance and posture in shallow and deep water.
- AQUA DEEP WATER CHALLENGE | This low impact class is performed in deeper water and designed to improve joint stability, coordination, heart health and strength. This class will incorporate cardio and strength, using water dumbbells and flotation devices.
- AQUA Interval | Challenges participants through timed intervals of moderate to intense exercise.
- AQUA ZUMBA® | This class is perfect for those looking to make a splash by adding low-impact, high energy aquatic exercise to their fitness routine. There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
- AQUA YOGA | Beg. – Adv. Aqua Yoga takes the practice of Yoga into the water for a gentle and low impact class.
- AQUA TABATA | Int. - Adv. This class combines high intensity interval training with the properties of water that result in a fun, high cardio workout to blast calories.
- ARTHRITIS AQUATICS | Beg. - Adv. Endorsed by the Arthritis Foundation you can enjoy physical activity while increasing strength, mobility and flexibility. For all ages with Arthritis, Fibromyalgia and other rheumatic related conditions.

MOSSA CLASSES:

- ACTIVE TOGETHER – Gives you all the training you need – cardio, strength, balance and flexibility in just one hour. Get stronger and healthier with inspiring



music, hand weights, body weight and simple athletic movements. ALL FITNESS LEVELS

- BALANCE & FLEX TOGETHER – Will grow you longer and stronger with an invigorating 60minute mind-body workout. It incorporate Yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. ALL FITNESS LEVELS
- CARDIO STEP TOGETHER – 60 minutes of cardio training that uses The Step in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your agility, coordination and strength with exciting music and group energy. ALL FITNESS LEVELS
- CORE FOCUS TOGETHER – strengthens everything from your shoulders to your hips to make you stronger, quicker, and faster in all you do.
- DEFEND TOGETHER – Is a gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music. INTERMEDIATE TO ADVANCED
- GROOVE TOGETHER – Will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to current hits and energetic songs. ALL FITNESS LEVELS
- STRENGTH TRAIN TOGETHER – Will blast all your muscles with a high-rep weight training workout. Using barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best. ALL FITNESS LEVELS