

# Aerobics & Yoga Class

## Descriptions

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The class descriptions below enable the participants to get a good idea of the kind of workout to expect in a class, but a thing to remember is that each instructor has his/her unique style. The same class taught by different instructors might be different. The best way to find one you are comfortable is to try them out! All of the instructors would be glad to assist participants with questions they might have either before or after their classes. Being on time to classes is appreciated as most instructors tend to go over safety cues and explain complicated moves at the beginning of each session.

**This is a complete list of classes**

**-Note that not all class formats are taught at all times-  
~similar classes may be listed under more than one title~**

### **STEP AEROBICS**

**BEGINNER STEP** – the name spells it out, this class is targeted for beginners though all levels are always welcome. This class is a medium intensity cardio workout focusing on simple step routines and choreography. For anyone who has never stepped before, this class is a good way to learn the language and basics of step aerobics.

**STEP I** – one level above beginner step, Step I offers a medium to high intensity cardio workout with basic step aerobics choreography with a little bit more focus on combination routines. All levels are always welcome.

**STEP II** – this class offers a medium to high intensity cardio workout with intermediate step aerobics choreography. Perfect for anyone who wants a great cardio workout without having to worry too much about remembering complicated routines. Knowing basic names used for Step routines helps but all levels are always welcome.

**STEP III** – this is a highly choreographed step routine of medium to high intensity for the advanced stepper, frequent exerciser, or experienced dancer. However, all levels are welcome and modifications are encouraged because this class is too much fun for anyone to miss!

**STEP LATINO** - You wanna get hot....don't cha??..well, don't miss this "specialty" step class with the hottest Latino moves on the step that for sure will make you feel hot, hot HOT!!!!

### **KICKBOXING/ CARDIO BOXING**

**KICK/CARDIOBOXING** – this is a class that combines martial arts kicks and punches into a high-intensity aerobic workout requiring of its participants a high level of endurance, strength, and flexibility. This class is designed for people seeking a fun-filled, high intensity, powerful workout! Two instructors may team up to give you a full hour of high-energy combinations and drills.

**TURBOKICK** – Turbokick is a form of kickboxing set to fun and exciting music! Each "round," or series of kick-boxing combinations, has its own specific music, chosen for the workout. The class will work on mastering a new "round" about every two months, adding "layers," or new components to the combos, each class. Eventually, participants progress to learning the entire round from start to finish. Then, the class will move on to a new round with new music. The fun never stops, and you'll stay motivated with new layers each class. Get tough and stay strong with this amazing cardio workout! Get set to have a blast!  
*Note: Hour-long Turbokick classes will consist solely of cardio and a cool-down/stretch. Hour and fifteen minute classes will incorporate lower body strength-work, as well as abs and push-ups.*

### **HI/LO AEROBICS**

**HI/LO** – With this work-out, the fun is back! It consists of classic hi/lo floor aerobics that are easy to learn but that will push your physical and cardio skills to the maximum level. Designed to burn body fat, break through fitness plateaus, and increase your overall aerobic capacity. You'll push your cardiovascular limits... come experience the energy!

**HIP HOP FUNK** – this class takes standard hi/lo aerobics moves and gives them a bit of an upbeat urban flava. Set to the latest hip-hop music, this class will give you a work-out and a bit of a dance lesson too. All experience levels are welcome and encouraged to attend. No previous dance training is required.

### **DEEP WATER AEROBICS**

**DEEP H2O** – traditional water aerobics designed to provide a full body workout in the deep end of the pool, this class is no impact, low choreography, and perfect for cross-training purposes.

### **STRENGTH/ TONING**

**BALLISTIC-** this is a highly intense core training class. Works everything neck down to knee up focusing on your core. The class involves use of medicine balls, stability balls and hand weights. Being on time is appreciated for this class as instructors tend to go over all safety cues and modifications at the beginning of the class.

**POWERPUMP** – This class will give participants a total body toning session, using various equipment, including weights, bands, medicine balls, and stability balls. Come get firm from head to toe!

**AWESOME ABS** – everyone wants awesome abs and this toning session will help you firm and tone your abs up. Alternating between upper and lower abdominal and lower back exercises, this class, although short, will be invaluable to the awesomeness of your abs.

**BOTTOMLINE** – this class is a great work-out for your, well, bottom-line! Anything below the belt will get a great workout, including rear end, abs and legs! This class might also include stability ball work with traditional toning challenges.

**TOPLINE** – a great workout for your top or upper body, just the opposite of BOTTOM LINE. Topline focuses on arms and upper back using hand weights.

**PILATES/HARDCORE/MATFLEX** – this class incorporates both Pilates and balance ball movements in an effort to tone the entire core of the body while stretching the body and lengthening the spine. Can be considered a combination of bottom line and awesome abs classes.

**MUSCLE ENDURANCE** - Get strong and toned! A non-stop, high repetition, total body conditioning workout. The focus is to promote muscle balance as well as strength and endurance gains through exercise variety and balance challenges. You'll experience maximum muscular endurance gains along with strength gains as you challenge each of the major muscle groups through a wide variety of exercises.

Equipment needed: A step bench, barbell, various weighted dumbbells, resistance tubes, stability and medicine ball

### **YOGA**

**BEGINNER YOGA** – for those who have never tried yoga before, this class is for you. It will introduce you to the basics principles of yoga and begin to strengthen your mind and body.

**YOGA** – for the experienced yoga participant, this class is designed to give you a great strengthening work-out!

### **COMBINATION/ VARIETY CLASSES**

**ANYTHING GOES** – every class is something different and you never know what you're going to get because it is a surprise every time! With hi-lo, step, sculpting, or a little bit of everything, you'll get a great workout for an entire hour.

**STEP 'N' SCULPT** – cardio and toning are merged for a medium to high intensity cardio workout with simple step aerobics choreography for the first portion of the class, followed by upper and lower body sculpting with weights and abdominal work. Can include toning with the stability ball for the sculpting portion of the class.

**CARDIO SCULPT INTERVAL (CSI)/CARDIO CIRCUIT** – different from STEP N SCULPT in that the cardio portion of the class can either be basic or intermediate step, hi-lo, circuit training or cardio-boxing. This class concentrates on longer cardiovascular components interspaced with five-minute intervals for weight challenges. Can involve upper and/or lower body work during the sculpting portion of the class using medicine balls and/or hand weights.

**FORZA** - Forza is fitness class based on samurai sword training. Wielding a three-foot wooden sword, students perform a series of strikes and moves to heart-pumping drum music that is partly aerobic, partly meditative and all fun. No previous experience required.

**FUNCTIONAL FITNESS** - The class emphasizes cardio, core stability, and exercises that improve functional movement. Uses many tools including the Exercise balls, medicine balls and weights.

