

121 GROUP EXERCISE CLASS DESCRIPTIONS

20/20/20: Start off your New Year right with an old favorite! 20/20/20 is back!! Join us for this full-body, high-intensity workout incorporating 20 minutes of strength training, 20 minutes of cardio and 20 minutes of core.

Barre: This class fuses the best of dance, yoga and pilates! Primarily using the ballet barre, you will do exercises that improve core strength, balance and posture while toning your entire body. All levels welcome!

Breakfast Club: This senior fitness class is designed to include all the components of fitness for the aging adult. After class, breakfast is provided to replenish your body and enjoy time to socialize.

Cardio Muscle: A variety of equipment (step, jump rope, balls, weights, etc) will add to the fun of blending aerobic activities and strength training! No complicated choreography...just a basic, intense workout!

Caribbean Cardio: If you are looking for a great cardio workout with a Caribbean flare, this is the class for you! Join 121 Group Exercise Instructor, Davon, as he takes you through a great cardio interval workout and brings a taste of the islands to you! Please note – this is not a dance class!

Cycle Bootcamp: Combine your favorite cycle class with some weights for a 45-min full-body cardio and strength workout! Be sure to follow it up with our 30-min HardCORE abs class!

Cycle 45/60/75: A 45, 60 or 75 minute cardiovascular workout mixed with rhythmic and cycle specific drills on a stationary bike. No previous cycling experience required. **A towel and water bottle are required and a heart rate monitor is highly recommended.**

HardCORE: A 30-minute strengthening class with emphasis on your torso. What is your goal? Preventing or decreasing back pain? Improving your posture? Washboard abs? Trimmer waistline? This class is for you! All levels welcome.

Hip-Hop & Abs: Mix the fun of hip-hop dance with a great ab workout! Guaranteed to be a good time!!

Hips, Buns & Thighs: Firm up with our 45-minute lower-body toning class! Follow it up with the HardCORE abs class and watch all of your trouble spots disappear!

HIIT: If you want to take your fitness to a new level, join us for high intensity interval training! HIIT is a specialized form of interval training that involves short intervals of maximum intensity exercise followed by longer intervals of lower to moderate intensity exercise. We recommend experience in our cardio muscle or muscle conditioning classes prior to attending HIIT.

Insanity®: Push yourself past your limits with this hour of cardio and plyometric drills incorporating intervals of strength, power, resistance and core training! Participants should be comfortable with our muscle conditioning and cardio muscle classes prior to attending Insanity®.

Muscle Conditioning: A resistance training workout using weights (3-12 lbs.), elastic bands, exercise balls and tubing to improve muscular strength and endurance for the entire body.

Pilates Mat: This 60-minute mind-body class is designed but not limited to participants who are new to Pilates on the mat. Instruction will include the fundamentals and basic components of Pilates exercises.

Pilates Fusion: This class blends Pilates with other mind-body elements, focusing on core stability, balance, and flexibility.

Pound®: Combine cardio, conditioning & strength training with this fun & unique workout that utilizes lightly weighted drumsticks to help you feel the burn! Check out www.poundfit.com to learn more! All levels welcome!

Qigong: Learn the skill of attracting vital energy combining movement & meditation while bringing peace to your mind, body & soul.

Synergy: A non-impact, choreographed workout incorporating the best of Pilates, Tai Chi, dance, and yoga. The body awareness exercises in class focus on the development and enhancement of muscular strength, core stability, balance, and flexibility.

Tai Chi: Improve your balance, stimulate circulation & reduce stress with slow rhythmic movements designed to maintain the body's integrity.

Yoga Basics: Practice the fundamentals of Hatha Yoga as you focus on posture and form while enhancing relaxation and flexibility.

Yoga Flow: Takes the poses of Hatha yoga and sequences them together combining breath and movement (vinyasa) incorporating more strength and muscular endurance, as well as moments of holding postures for flexibility. You will learn to find your fitness edge while maintaining a yoga focus in this vigorous vinyasa flow class. Breath work and meditation are a part of all classes. Modifications will be shown; however we recommend you feel comfortable in Yoga Basics and/or Synergy before taking Yoga Flow.

Yoga for Stress Relief: This yoga class is designed to relieve both physical and emotional stress. In it, we explore a variety of hatha yoga poses, breathing, meditation and relaxation techniques that will help to promote freedom and balance in the body and peace in the mind. All levels are welcome!

Zumba®: Experience the latest "feel happy", Latin rhythm workout! The dance routines feature aerobic/fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body. It is based on the principle that a workout should be "FUN AND EASY TO DO".

Special Notes: The Classes at 121 Fitness Center are designed to be safe and challenging. Please remember these guidelines:

- Learn how to monitor your training heart rate, when not using a heart rate monitor, we use perceived exertion.
- Wear comfortable attire and proper footwear.
- Give your body time to adapt to the exercise.
- Drink water before, during and after exercise to prevent dehydration and muscle cramps.
- If you arrive late or leave early, remember the importance of the warm-up, cool-down and stretch.
- **Do not enter a class if more than 10 minutes late.** It places your safety at risk and is disruptive if you come in late or leave early, please let the instructor know if you must do so.
- Please notify your instructor if you have any special concerns, i.e. pregnancy, diabetes, fasting, surgery so modifications can be explained.