

## 121 GROUP EXERCISE CLASS DESCRIPTIONS

**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!

**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.

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

**Relaxation Flow:** A slow-paced style of yoga where you will be taken through a series of poses, opening the body and recharging the mind. All levels welcome!

**Step:** Aerobic training while stepping up & down from a platform with a mix of athletic and dance style choreography.

**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.

**Yin yoga:** A blend of gentle vinyasa flow to warm up the body the body before sinking into a yin practice. In yin, you hold poses for a longer time allowing a deeper release in the body. This class will leave you calm and centered!

**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".

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**Special Notes:** The Classes at 121 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.
- Class schedules are based strongly on attendance. Any class that falls below 7 participants 4 weeks in a row may be removed from the schedule.

We appreciate your cooperation and are always interested in any feedback or suggestions.