

# GROUP FITNESS CLASS DESCRIPTION

## ABS ON THE BALL

30 minutes of training for the core with the Resist -A-Ball, Bosu and more. 6 pack included!

## ARTHRITIS FOUNDATION AQUATICS/Aqua Arthritis

This class involves movement and stretches designed for people with arthritis.. This class takes place in the warm water pool and Instructors are certified by AF.

## ATHLETIC STRETCH

Stretching techniques that target athletic individuals. Class may incorporate the use of bands, balls and foam rollers.

## BASIC STEP TRAINING

Cardio Step with Basic moves, basic patterns a great way for you to have fun.

## BARRE WRX

Use the Barre in a Unique combination of several practices including Yoga, Ballet Barre, Pilates, Balls ,Bands, & Weighted Bars. This class focuses on core strengthening, total body & 'Booty' toning.

## BOOTCAMP – Get fit, ripped& toned with this class. “Explosive Cardio/Superior Strength” Intense Calorie Burner.

**Special: FAMILY BOOTCAMP & 2 HOUR BOOTCAMP** (1hour Outdoor/1 hour Indoor) classes are scheduled on selected Saturdays.

## BODY ATTACK FITNESS

Cardio workout for building strength and stamina. High energy, sports inspired 30 minute interval training including TRX.

## CARDIO BLAST

30 minutes of pure Cardio. Hard work, big results.

## CYCLING

A class setting for Indoor Cycling. What a rush! Cycling classes are offered to all levels and are held in the 4th floor Indoor Cycling Studio.

## POWER CYCLING 45

45 minute class. Same intense ride.

## EXPRESS FITNESS

A 30 MINUTE workout that’s perfect for anyone. The class could take you from the Floor to the Step or the Bosu to rev up the CARDIO while using the latest *Tabata & HIIT High Intensity Interval Training training* techniques.

## GROUP TRX

Build a leaner more muscular body with suspension training. Strength training that uses a system of ropes and webbing called a "suspension trainer" to allow you to work against your own body weight.

## KETTLEBELL TRAINING

Develop total body strength, power and endurance with this popular training option. Combine foundational kettle weight lifting with a large number of movements for a goal oriented/Cardio circuit class.

## “LITE” WORKOUT

This class is a “lighter” version of our Weighted Workout Class.

## PILATES

A group of exercises designed to strengthen and lengthen the muscle groups. Class flows from one movement to another using your core .

## AQUA ZUMBA

Just add water and shake. Move to the music. Great for all fitness levels.

## X- FIT

Advanced Fitness Program held exclusive @ the Phil Cline Building.

## ZUMBA

A fun Latin Inspired Dance based Cardio Class. Great for beginners!

## BODYSHRED

Whole body training to get lean, not muscular. Provide the ‘ultimate challenge’ in a 30 minute high performance blended workout that is fast paced, kinetic, and creative. Designed to deliver results in the most efficient and fun way possible.

## R.I.P.P.E.D

Resistance, Intervals, Dance, Fun all in one from the creator of Zumba.

## SCULPT FUSION

A little bit of everything for big results. Intense/interval/cross training workout.

## STEP EXPRESS

30 minute cardio dance workout performed by using The STEP.

## WARM AQUA FITNESS

This class incorporates cardio moves suited for those needing a warmer climate to enhance range of motion.

## WATER FITNESS

A “cool” way to get a high-intensity, low-impact workout with no pressure on the joints. Includes resistance Training and CARDIO energising music and FUN!

## WEIGHTED WORKOUT

A class designed to increase muscular strength and endurance as well as flexibility through the use of weights, tubing, balance balls, medicine balls, etc. **Total body conditioning!**

## YOGA

A Mind & Body experience that includes whole body stretching and relaxation. Various levels and styles are offered. Example: **VINYASA YOGA , FLOW YOGA ,POWER YOGA, ‘CORE’ & HEART WARMING YOGA &TRX YOGA** which incorporates the TRX Suspension Trainer.

**ALL CLASSES ARE INCLUDED IN YOUR MEMBERSHIP**

*Any class with the description word Intense or Advanced, is designed for this type of workout. Please be aware of this before you come to class. Thank you!*

PHIL CLINE FAMILY Y CLASS SCHEDULE					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	9:00 – 10:00 <b>SENIOR WISE*</b> <b>YOGA</b> Elizabeth	8:40- 9:20 <b>TAI CHI</b> Carolyn 9:30-10:30 <b>“LITE” WORKOUT</b> Susan	9:00-9:55 <b>Zumba</b> Connie	9:00 – 10:00 <b>SENIOR WISE*</b> <b>YOGA</b> Elizabeth	9:00-10:00 <b>Zumba</b> Connie
10:00 AM			10:05 – 10:50 <b>Silver Sneakers*</b> <b>YOGA</b> Carolyn	10:00 – 10:45 <b>Silver Sneakers*</b> <b>YOGA</b> Carolyn	
11:00 AM	11:00 – 11:45* <b>SilverSneakers*</b> <b>Circuit</b> Carolyn	11:00 – 11:45* <b>SilverSneakers*</b> <b>Classic</b> Elizabeth	11:00 – 12:00 <b>SENIOR WISE *</b> <b>Cardio /Weights</b> Allison	11:00 – 11:45* <b>SilverSneakers*</b> <b>Classic</b> Elizabeth	Classes @ the Phil Cline Family Y are designed for our <u>Senior</u> Members.
5:30 PM			5:30-6:30 <b>ZUMBA</b>	5:30-6:30 <b>ZUMBA</b>	
* Pre- registration is necessary for Senior Wise and Silver Sneakers Programs and <b>These Classes are included in your Y membership fee.</b> Call Marlayna at 697-7113 between 8am-2pm for instructions.					