

# GROUP FITNESS CLASS DESCRIPTION

## ABS CLASS

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.

## STEP TRAINING

Classic Cardio Step.

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

## 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 format. Same intense ride.

*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!*

## EXPRESS FITNESS

A 30 MINUTE workout that’s perfect for anyone. The class uses the latest cardio **Tabata , HIIT & TRX** 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.

## KICKBOXING

Empowering cardio workout. Mix up your routine, Kick, Box, Jump, Sweat. (gloves not required, but encourage you to bring)

## “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. Great for all fitness levels. Held at Kennendy Center Outdoor Pool during the summer.

## 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.

## 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 , CANDLELIGHT, POWER YOGA, ‘CORE’, YOGA FOR THE BACK & HEART WARMING YOGA. TRX YOGA** incorporates the TRX Suspension

**ALL CLASSES ARE INCLUDED IN YOUR MEMBERSHIP**

| PHIL CLINE FAMILY Y CLASS SCHEDULE  |  |  |   |  |   |
|---|--|--|---|--|---|
| TIME  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
| 9:00 AM   | 9:00 – 10:00<br><b>SENIOR WISE*</b><br>YOGA<br>Elizabeth       | 8:40- 9:20<br>TAI CHI Carolyn<br>9:30-10:30<br>“LITE” WORKOUT<br>Susan | 9:00-9:55<br><b>Zumba</b><br>Scott                                  | 9:00 – 10:00<br><b>SENIOR WISE*</b><br>YOGA<br>Elizabeth         | 9:00-10:00<br><b>Zumba</b><br>Scott   |
| 10:00 AM  |  |  | 10:05 – 10:50<br><b>Silver Sneakers*</b><br>YOGA Carolyn            | 10:00 – 10:45<br><b>Silver Sneakers*</b><br>YOGA Carolyn         | Classes @ the Phil Cline Family Y are designed for our <u>Senior</u> Members. |
| 11:00 AM  | 11:00 – 11:45*<br><b>SilverSneakers*</b><br>Circuit<br>Carolyn | 11:00 – 11:45*<br><b>SilverSneakers*</b><br>Classic<br>Elizabeth       | 11:00 – 12:00<br><b>SENIOR WISE *</b><br>Cardio /Weights<br>Allison | 11:00 – 11:45*<br><b>SilverSneakers*</b><br>Classic<br>Elizabeth |   |
| * 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. |  |  |   |  |   |