

~ CLASS DESCRIPTIONS ~

AEROBICS and STEP CLASSES:

Cardio Fusion Express--Be prepared for any type of "Cardio" (including multiple Steps) in this progressive high energy, high intensity workout!

May include a fusion of aerobic and anaerobic modes. Level: 2

Cardio-Mix Plus & Cardio-Mix Express--A mixed-impact Aerobics class that may include high impact work. Some dance-based choreography and complex patterns, squats, and other integrated exercises may also be included. Levels: 2, 3

L.I.F.T. (Low Impact Fitness Training)--A stimulating aerobic workout that provides moderate intensity with low to moderate impact, reducing the stress on the lower back and joints. Get your LIFT for the day! An ideal entry-level class. Levels: All

Sizzlin' Step--High intensity step workout featuring advanced combinations and dynamic choreography. No coasting in auto-pilot in this class! Levels: 2, 3

Step Express--Get ready to rock 'n roll in this fast-paced Step class! No time to waste, just stepping and sweating! Levels: 2, 3

Step-lopedia--Anything goes in this dynamic class, from single or double step interval training to line stepping to any permutation from our own special encyclopedia of fun and challenging Step workouts! Levels: 2, 3

Step 'n Stuff--A Step workout that may include other "stuff" such as abdominal and basic strengthening segments using weights and various resistance equipment. Levels: 2, 3

STRENGTHENING, TONING, and FLEXIBILITY CLASSES:

Ab-Solutions--No mercy in this gut-busting non-stop abdominal endurance workout. Levels: 2, 3

Core & More--The name says it all! Core work in various forms, using various equipment. Levels: All

Core Matters--Because your core matters! Retrain your body in this invigorating Pilates-based class to improve your posture and flexibility and increase your functional core strength. The emphasis is on proper execution and muscle strengthening and lengthening through purposeful movement, and may include the use of Reebok Core Boards and Resist-a-Balls. Levels: All

the Gauntlet--The definitive powerhouse weight training class!! Each participant will use their own set of "PowerCut" barbells with weight plates and/or dumbbells to customize their workout. Dumbbells, Steps, and Resist-A-Balls may also be used to push you into the challenge zone.

Maximum workout, maximum results. Level: 3

Gauntlet Express--An express version of the Gauntlet, only 30 minutes of torture. Shorter doesn't mean easier. Levels: 2, 3

I.P.o.D. (Integrated Power on Demand)--Push, pull, pump and power it up on demand in this no-nonsense functional strength training class focusing on integrated exercises that will leave you aware of just about every muscle in your body. Levels: All

Rev It Up--A slower paced class using hand weights and other resistance equipment, designed to increase bone density and functional strength. Steps and Resist-A-Balls may be used as training aids, and an Aerobics segment may also be included. A good entry-level class. Levels: All

SST (Super Strength Training)--A challenging strength training class using heavier hand weights and maximal repetitions to push your muscles to the limit. Steps and Resist-A-Balls may be used as training aids. Levels: 2, 3

Strengthen & Stretch--standing and floor exercise routines designed to strengthen and tone your major muscle groups and increase your flexibility. Some resistance equipment may be used. Levels: All

Tone Zone--A compact body toning workout that may include using Steps as training aids for resistance work with weights and "Exertubes," Complex integrated exercises such as push-ups, squats and lunges may also be included for improved functional strength. Levels: All

Yoga Progressions--A progressive yet gentle Hatha Yoga class to calm your body and soothe your soul on a stress-busting journey to total relaxation for all levels. Levels: All

COMBINATION CLASSES:

Hodge Podge--A little bit of everything for a fun, dynamic, multi-faceted workout. Expect the unexpected! Levels: 2, 3

Open Circuit--Be open to any kind of training using any kind of equipment in this workout geared for early-bird Sweat Warriors. Levels: 2, 3

Prime Fit--A toning class emphasizing resistance work that will include a low-impact aerobics segment. Solid introductory class. Levels: All

Power Play--A challenging multi-discipline class consisting of strength training with resistance equipment and integrated exercises such as push-ups, squats and lunges. Levels: All

Reebok OnBoard--Reactive Training meets Vertical Pilates! Improve functional strength, balance, agility, reaction time, and overall performance in a fun, challenging, no-cheat workout on the Reebok Core Board. Everyone can benefit from more core! Levels: All

Sweat Factory--Got sweat? An advanced training class that will blast your whole body with muscle fatiguing Anaerobic Sculpting segments alternating with Aerobic Recovery segments in a circuit format, or pure Aerobic Interval Training, alternating push-to-the-max Anaerobic Step or Rebounding segments with Low Intensity Aerobic Recovery segments. Participants should be comfortable stepping with at least one set of risers and using 2lb and 3lb hand weights. Levels: 2, 3

CLASS PASSES:

Class Passes are available for any class for \$7.00 per class, or purchase a **Multi-Pass** for \$42.00 and get 7 classes for the price of 6! Please note that **Class Passes do not include** use of the Fitness Center or any other areas of the Club. You must purchase a **Day Pass** for \$12.00 to receive full usage of all Club facilities as available. You must sign a waiver at the time of purchase of any Passes.

SPECIALTY CLASSES:

Specialty Classes are fee-based classes, open to members and non-members alike. Current Fitness Members receive discounted rates on all *Specialty Classes*. See individual class flyers for details, as start and end dates may differ from the Aerobics Schedule. Fees vary by class. Enrollment may be limited -- contact the specific *Specialty Class* (non-Staff) *Instructor* for more details or to sign up.

Our Aerobics Studio is equipped with **PowerCut Barbells, Bender Balls, Dumbbells, Exertubes, Power Bars, Rebounders, Reebok Core Boards, Reebok Steps, and Resist-a-Balls**. Staff Instructors may include training segments using some or all of the equipment listed above in their classes. Use of equipment is voluntary. Levels 2 and 3 indicate intermediate or

advanced fitness and competency levels.