

THE FITNESS PLAZA: GROUP CARDIO CLASS DESCRIPTIONS

Belly Dance : Designed for those new to Belly Dance. Class incorporates the fundamental principles; muscle isolation, memory and strengthening posture and flexibility and it's really fun.

Bike & Box: This class combines low impact cycling with boxing drills and kick-boxing movements. This class is for all levels and may be as intense as you make it (go at your own pace and go for it).

Boot Camp: This class combines the rigors of calisthenics and the fun & discipline of being a military soldier.

Bosu Pump: A class designed for core and balance strength using the Bosu and weights and Body Bars. This class also offers focused cardio benefits.

Cardio Blast: This is a total cardio class with easy to follow step moves plus 2 minutes cardio blast moves. Guaranteed to keep you moving and make you sweat!

Core Box: An energetic class using core stability to improve flexibility, strength, endurance, & coordination.

Coredates: A smooth blend of cardio core work, dance movements, ballet and pilates. This workout finishes up with mat and/or ball exercises as well as yoga inspired power-stretching.

Cycle Pump: A cardio cycle class that combines intervals of cycling and weight work. This class is for all levels and designed to sculpt and tone while increasing and maintaining your heart rate.

Fit Step: A challenging 55-minute step class with safe low impact, high intensity moves. Body toning is performed at the end of this exhilarating class.

Light N Fit: A challenging workout without the complicated choreography. A beginner to intermediate class with low impact floor aerobics leading into other workouts such as: step, slide, circuits, intervals, abs, weights, & cardio kicks.

Member's Choice: Anything Goes! Usually any combination of step, resistance training, and floor work.

Pilates Mat: Use the fundamentals of traditional Pilates Mat techniques integrated with group fitness techniques to strengthen core muscle groups without hurting your back.

Power Pacing: These low impact cycling classes are perfect for anyone looking for a challenging and exciting workout. All levels of fitness are welcome but go at your own pace. Have a full water bottle & be ready to ride when class begins.

Power Toning: A muscle conditioning class using resistance tools such as body bars, resist-a-ball, weights and more. Learn proper alignment for a safe and effective workout.

Simply Step: The title describes it all!

Total Body Fitness: A head to toe workout that will build & tone muscles, enhance your aerobic capacity & endurance while we work through a different class format each week to keep your body working.

Gentle Flow Yoga: For the beginner & seasoned practitioner, emphasis on strength, & flexibility through proper alignment of the body.

Modified Ashtanga Yoga: Postures are linked in a specific order to cultivate heat, stamina, flexibility, strength, and balance. Good for all levels.

Vinyasa Flow Yoga: Challenging set of various postures in a dynamic flowing sequence, cultivates heat, stamina, flexibility, strength, and balance. Good for all levels

Instructors choice Yoga: All classes are designed to leave you feeling invigorated, refreshed, and restored. Several genres may be taught in this class. Including Gentle Flow, Modified Ashtanga, Vinyasa Flow, Kripalu/Yengar based.

Your Bodies: A powerful core training class to define your entire body using Bosu, balls, body bars, & bands.

Zumba: Fusing hypnotic latin rhythms & easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, body energizing, awe-inspiring movements meant to engage and captivate for life!