

## Cardio

**Athletic Edge** A 75-minute class designed for runners, cyclists and triathletes. Focuses on training variables that include running and/or cycling to improve your fitness and performance combined with mostly bodyweight exercises to improve strength. \*Class meets under the mezzanine.

**Step** Get your cardio training in as you learn step aerobics patterns. Our instructors know how to break it down and cue effectively so the choreography is easy to follow, yet challenging enough to get a great cardiovascular workout!

**SPRINT®** A High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

## Cycling

**Cycling** This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

**Endurance Cycling** A 60-minute class that incorporates longer endurance drills to help anyone who is looking to build or maintain endurance through the winter months.

## Dance

**Beginner Line Dancing** Learn the basics or just come for the great exercise! You never need a partner, but feel free to bring along some friends and have a lot of fun.

**ZUMBA®** Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

**ZUMBA Gold®** This class is for anyone looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

## Mind/Body & Pilates

**Body Barre** Pilates based workout designed to shape and tone postural muscles while building core strength. Incorporating classic ballet positions, this class is a combination of cardio and strength with high reps of small range-of-motion movements. **Body Barre (Strength)** incorporates light hand weights into each class.

**Mat Pilates** Focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace. Learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

**Yoga** Our professional instructors will assist participants at ALL levels in improving flexibility, balance and muscular endurance through a series of yoga postures. The use of props is always welcomed and encouraged. Yoga mats, straps and blocks are available in the classroom for use during class, but feel free to bring your own.

**Yoga + Xtra Core** Deepen your core strength with this yoga class that offers traditional yoga postures as well as challenging core focused exercises that will improve your core stamina and strength.

**TRX**  
SUSPENSION TRAINING



Utilize the suspension trainer and your bodyweight to simultaneously develop strength, balance, flexibility and core stability. Control how much you want to challenge yourself by adjusting your body position accordingly.



**Collins Aerospace**

REC CENTER

Updated 2/17/2022

# Group Fitness Class Descriptions

**SilverSneakers®**  
FITNESS



**SilverSneakers Circuit®** This class incorporates low-impact choreography alternated with standing upper body strength work using hand-held weights, elastic tubing with handles and a ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

**SilverSneakers Classic®** Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated exercises and standing support.

**SilverSneakers Yoga®** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

## Strength

**BODYPUMP®** This Les Mills barbell class is based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone and strengthen the entire body. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music. Come at least 5 minutes prior to class to set up.

**Metabolic Strength Training** A dynamic mix of cardio and strength training for a highly effective workout. Full body functional movements to gain strength and power. Use a mix of equipment ranging from battle ropes, kettlebells, barbells, dumbbells, to slam balls and more. Each class is different and instructors bring their own personality to each workout! Try different times and days to get a great variety in your weekly routine.

**Muscle Works** A total body strengthening workout doing compound & isolated exercises using resistance bands, dumbbells, bars, discs and body weight. This workout is perfect for any level as you pick your challenge level. Come feel your MUSCLES WORK

## Specialty Classes

**Active Seniors** is a moderate intensity, multicomponent class designed for older adults, although anyone can join. It incorporates: floor aerobics, balance, flexibility, and strength using hand weights and resistance bands. This class is designed for those looking for a little more intensity than a Silver Sneakers class. You will have the option to use a chair during this class.

**Build and Burn** This total body toning workout will hit all muscle groups through use of compound lifting methods and grounded (low impact) bursts of cardio to fire up your muscles and heart rate! This class will provide both strength and cardio benefits in a short amount of time.

**Core** More than just crunches! This 15-minute class will target and strengthen the entire core.

**Cycle Strength** This new cycling format where you do both cycling and bodyweight strength exercises to get one great workout in 45 minutes.!

**Women's LIFT Club** is a all-female strength training community aimed to educate, empower, and inspire women of all shapes, sizes, fitness, and lifting backgrounds. Within the LIFT Club workouts we will focus on foundational weight lifting techniques and proper use of weight lifting machines as well as various dumbbell and cable machine movements.

**Morning Madness** A class designed to give you a high intensity cross training workout. No two classes are ever the same. You will use a variety of equipment in each class to keep your muscles guessing.  
\*Class meets at the north end of the 2nd basketball court

**Senior Cardio** is a moderate intensity, multicomponent class designed for older adults. It incorporates: floor aerobics, balance, flexibility and some bodyweight strength ONLY. This class will increase and decrease your heart rate so you get a cardio workout that is just right for you. You will have the option to use a chair during this class.

**Tai Chi** This class helps to reduce stress and improve balance. Class focuses on proper breathing and form.