

AEROBICS

Boot Camp: This high intensity cardio workout may include step, floor, cycle and circuit stations to increase cardio fitness and muscle strength.

Cardio Lunch: This 30 minute noontime class is a combination of cardio and muscle training. Sure to get you results and back to work on time!

Fit Mix: Total body workout that is proven way to increase your stamina, flexibility, strength, speed and accuracy.

Combo Cardio: Features a combination of different aerobic and strength components such as hi/lo, kickboxing, step and muscle and sport-wall.

Cross Training: This class combines hi-lo aerobics with step and muscle strengthening.

Iron Grip: The latest trend in the fitness industry. This muscle class uses special equipment to build strength, endurance and lean muscle tissue.

Muscle: This class uses weights, bands, and bars to increase muscular fitness.

Muscle Express: Same as muscle, except class is 30 minutes long.

ZUMBA: Come try this spicy Latin-American movement class! It is the latest craze. Mamba, Cha-cha and a fat burning workout!

Y Xtreme!!! Have you ever tried P90X??? This is the class series for you. It will consist of 6 days a week (optional). You will get cardio, muscle/strength and flexibility. If you want results... We dare you to try this class. This is a more advanced class, but there will be modifications offered.

GROUP FITNESS CLASS DESCRIPTIONS

Available within classes:
(You may not find these as classes alone, but these two techniques are used within classes for your benefit)

Gliding: High intensity training works the body laterally and this tool is used in boot camp, muscle, iron grip and combo cardio to help increase your fitness!

Step: Reebok steps are used for high intensity, low impact workouts!

Bosu: This fun core training tool stands for both sides up and you will see it in a variety of classes.

For more information contact:
Fitness Director: Kathy Thomas
434.847.5597

Tae Kwon Do: This form of Martial Arts will improve balance while increasing strength, flexibility and self-control.

Class of the Month

Fit Mix - mixture of kickboxing, strength, conditioning, interval and endurance training

Pilates Mix - challenging the core with bosu, disks and foam rollers

For information on fee- based classes please ask Member Service Desk

CYCLING

****Cycle:** A class designed to challenge everyone from serious athletes to de-conditioned individuals. This class offers a cardio workout with little impact on your joints. Class allows for individual control of intensity and resistance.

****Cycle Express:** Similar to the standard cycle class, but compressed into 30 minutes. Great workout if you are short on time.

****Cycle Challenge:** A 75-minute ride that will build base miles to increase your endurance on the bike.

****CyclePump:** 30 minute cycle class followed by a great muscle workout! Great for all levels and cross-training!

MULTIPURPOSE ROOM

Core Conditioning: This 30 minute class is packed with abdominal /back exercises.

Fit Ball: This class uses the resist-a-ball to build core strength.

Power Yoga: This class offers all the true principles of yoga with all of the benefits and is a true full-body workout!

Hatha Yoga: This class provides the same benefits as yoga. Improves strength and flexibility through movement, breathing and held poses.

Pure Stretch: This class is what you need! 30 minutes of pure relaxation and stretching for the total body.

Flexible Strength: A combination of Fit Ball, Yoga, and Pilates with emphasis on balance, strength, flexibility through movement and stretch.

****Pilates:** An introduction to the teachings of Joseph Pilates. This class will emphasize the 5 basic principles of Pilates. (Level I and II).

Balance Challenge: This class will strengthen your core and improve your balance. Use of fitball, balance trainer (bosu) and other tools will offer you a new challenge

Balance Challenge Express: Same as above except 30 minutes.

All classes are included in your membership except for the following:

Hip Hop, Tae Kwon Do, & Power Conditioning

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