



# CLASS DESCRIPTIONS

SPINNING	SCULPTING	FOREVER YOUNG	CHOREOGRAPHY	ATHLETIC TRAINING	BODY & MIND
<b>SPIN</b> <i>Fire up your cardio fitness in this super-sweaty cycling workout!</i>	<b>PUMPED PLUS</b> <i>Get strong and defined as we WORK all major muscle groups! improve your muscular <b>STRENGTH, ENDURANCE &amp; POWER!</b></i>	<b>EZ ENERGY</b> <i>Improve <b>mobility &amp; stability and cardiovascular health</b> in this soft impact class This fun class closes with core work and stretching</i>	<b>ZUMBA</b> <i>Join the Party! Latin flavor Hi/Low Impact dance based movement &amp; awesome music will make you forget it's a workout!</i>	<b>CARDIO CUTZ</b> <i>A seamless combo of power cardio moves and muscular <b>strength/endorance</b> intervals done at your own station.</i>	<b>YOGA</b> <i><b>All levels welcome!</b> Poses focus on alignment offering practitioners the opportunity to gain <b>strength, stamina, flexibility and mindfulness.</b></i>
<b>SPIN &amp; PUMP</b> <i><b>SPIN into shape</b> and then... <b>challenge</b> your major muscle groups with weights and core strengthening</i>	<b>SETS PLUS</b> <i>Dumb bell super set intervals alternate with explosive muscular power moves A full body workout <b>with amazing results!</b></i>	<b>EVER FIT</b> <i>This gentle-moving class will improve over-all fitness including <b>strength, balance and cardiovascular health</b> *options provided</i>	<b>MULTI-STEP</b> <i>This fun &amp; energetic step class uses 2 to 4 steps and <b>challenges your cardio and coordination</b></i>	<b>CARDIO PUMP</b> <i>Intervals of step and high-low cardio alternating with weight training sets <b>You will see results!</b></i>	<b>BARRE</b> <i>Ballet based fitness with weight intervals and core conditioning. This class will help you to <b>lengthen, strengthen and tone</b> your thighs, arms, abs and glutes.</i>
	<b>BODY BLAST</b> <i><b>Amp up your strength</b> training with this full body muscle workout utilizing barbells, hand weights and cardio intervals</i>	<b>ZUMBA GOLD</b> <i><b>ZUMBA = fun fitness!</b> Low Impact dance based movement with awesome music that will get you fit while having fun!</i>	<b>HIGH FITNESS</b> <i><b>A Sweaty Blast!!</b> <b>Fun:</b> Popular music (new &amp; old) <b>Intensity:</b> Intervals, plyometrics and easy to follow cardio <b>Consistent:</b> All instructors teach the same choreography</i>	<b>HIIT</b> <i>Take your <b>fitness and fat loss</b> to the next level. Various portable equipment is used in this explosive full body workout. High Intensity Interval Training <b>boosts metabolism</b> and improves aerobic and anaerobic fitness</i>	<b>VITALITY Stretch</b> <i>Enjoy this slow paced stretch and flexibility class. We stretch with purpose to <b>renew length and balance</b> in our bodies</i>
		<b>BONE BUILDER</b> <i>Join us for a relaxed, low intensity session where we emphasize <b>movement, stretching &amp; strength</b> exercises designed to help you with life's everyday activities</i>	<b>20/20/20</b> <i><b>Get the variety you crave!</b> Mix it up in this fun interval training class Intervals total, 20 minutes of step, 20 minutes of hi/low cardio and 20 minutes of resistance training</i>	<b>CARDIO TABATA</b> <i>(NO EQUIPMENT) An interval class of high intensity cardio Will greatly improve overall fitness <b>Nothing fancy, just fierce!!!</b></i>	<b>PILATES</b> <i>A mat class blending core strength, flexibility and alignment. Create long lean muscles and improve body awareness. <b>All levels welcome!</b></i>
				<b>BOOT CAMP</b> <i><b>Challenge yourself!</b> This fast paced moving circuit class will work your entire body. Various stations will challenge you to push your cardio, strength and endurance to the next level.</i>	<b>YIN YOGA</b> <i>A series of long held poses that improve mobility within joints and increase metal focus and energy. The practice targets, tendons, ligaments &amp; fascia through long deep supported holds</i>
					<b>BUTI YOGA</b> <i>This <b>calorie scorching workout</b> fuses power yoga with cardio intensive tribal dance + body sculpting primal movement. <b>THE RESULT - long, lean muscles and a super fit body!</b></i>
					<b>DEEP BUTI</b> <i>A low-impact, restorative movement sequence that connects mind to muscle. Designed to prevent injury, stimulate nerves and <b>restructure the deep core.</b> Self massage &amp; pressure point activation are also explored.</i>



ALL CLASSES ARE 55 mins in duration, are SELF-PACED AND INCLUDED IN YOUR JCC MEMBERSHIP. DROP-INS AVAILABLE FOR NON-MEMEBERS