

**New, Returning, and/or Health Seekers:** *If you're just getting started, trying to get back on track, or just for a healthier lifestyle, then these classes are for you!*

**Basic Step (BS):** Low impact class for participants who are new to step. No step experience needed.

**Hi/Lo:** Alternates low to moderate intensity moves to really challenge your cardiovascular system.

**MatFlex:** This class is a mixture of Pilates and Yoga to help get you lean and toned.

**Pilates:** Increase flexibility & balance while building strong, toned core muscle.

**Silver Sneakers:** This class utilizes free weights, bands, and balls in or out of the chair.

**\*Tai Chi:** A complete system of exercises, meditation and self-defense. Cost \$15/members - \$30/non-members (4-week sessions) Sign up at the front desk.

**\*Tim Saunders Dance Lessons Rm.3:** Come and learn an exciting style of dance. 6 wk sessions. \$25 members/\$50 non-members. Bring a friend or meet new ones. It's fun for everyone.

**Tone and Stretch (T&S):** A combination of resistance training followed by stretching exercise.

**Yoga:** Basic principles with emphasis on form and techniques. Increases strength and flexibility.

**ZUMBA-** A fusion of Latin & International music combined with body sculpting movements with easy to follow dance moves. No dance experience required.

**Multi-Level:** *Classes listed below offer a variety of ways for all levels to reach your fitness goals.*

**20's-** This class a little bit of everything. Cardio, weights, and Fab Abs all in one!

**Ballistic Cardio-** Interval based cardio circuit class using drumsticks, steps, and gliders.

**CardioBall (CB):** Cardio workout on and off the ball. A unique and fun workout that will put a smile on your face and bounce you back to being a kid again.

**Cardio Pump (CP):** Enjoy floor aerobics combined with weight training for a total body workout.

**Cycle:** This cardio class challenges your endurance while utilizing a stationary bike. Bikes are limited. Please arrive on time. *Class located in the gym.*

**Express Classes-** 30-minute classes to get you in and out. Check schedule for class type.

**Extreme Tone (ET):** Conditioning the muscles by using weights, resist-a-balls, and body bars.

**Fab Abs:** 20 minutes of abdominal exercises to strengthen your CORE.

**Fat Burner (FB):** This 75- minute workout includes high and low-intensity moves and may include floor and/or step aerobics and weights.

**HipHopHustle (HHH):** So you think you can't dance? This class is an aerobics routine with a Hip Hop twist with "the show" at the end. Check it out!

**Instructor's Choice:** Expect the unexpected! Just come prepared for a total body workout!

**PIYO-** This 45-minute class combines Pilates and Yoga into one continuous flow of strength and balance exercises.

**Step and Sculpt (S&S):** This class combines step and resistance training for an overall great workout.

**Sculpt Fusion-** It is body sculpt with a yogilates twist. You'll love it.

**Sweat:** A cardio kickboxing class that will burn all those calories with punches, jabs, kicks and more.

**\*TaeKwonDo:** Join the Greensboro Black Belt Academy and learn the art of TaeKwonDo. More information at the front desk

**Yoga 1:** A quiet, relaxing class that improves strength and flexibility through concentrated breathing and stretch-like poses. Slightly quicker pace than Yoga.

**Yogailates-** This class is a 75-minute combination of Classical Pilates and Vinyasa Flow Yoga for strength and flexibility.

**Fitness Enthusiast:** *Looking for an additional challenge in your exercise routine? Check out these classes.*

**In-Line Step:** If you can basic step, come on in, but be prepared to SWITCH steps with your neighbor!

**Master Classes:** These are 90-minute classes to challenge your skills in that specific class. All classes are \$5. Please pay prior to attending at the front desk.

**Power Hour:** This is an intense group strength class in the fitness center that utilizes free weights, machines, core stability exercise and drills. Fridays at 12pm. Only 7 spaces are available. Sign up in the fitness center.

**Power Step (PS):** This high-energy class with creative choreography designed to maximize your aerobic potential.

**Turbo Kick (TK):** This high- energy class is formatted for the fitness enthusiast. Traditional aerobic kickboxing with a *funky twist* that will get your heart rate up and your body fat down. Check it out!

**Xtreme Intervals (XI):** A powerful workout that uses intervals of floor aerobics, step and weights.

**Yoga2:** Continuous flow of movement with advanced poses for the experienced Yogi.

