

CLASS DESCRIPTIONS

Basic –

Step: Low impact class for participants who are new to step

Hi/Lo: Floor moves alternate between low and moderate intensity

MatFlex: Basic blend of pilates and yoga to help get you lean and toned.

Tone & Stretch (T&S): Resistance training followed by stretching exercises

Yoga: Basic yoga poses with emphasis on breath, form and technique.

Zumba: Fun fusion of easy to follow dance moves combined with body sculpting movements.

SS MS-ROM: Designed to increase muscular strength, range of movement and activities of daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

SS Cardio Circuit – Increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Intermediate –

20's: Twenty minutes of cardio, weights and core training all in one class!!

Ballistic Cardio: Interval-based circuit workout using drumsticks, steps and gliders.

CardioPump: Floor aerobics combined with weight training.

Cycle: Cardio class that provides a low impact workout on a stationary bike (limited space)

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

FatBurner: 75 minute workout includes high and low intensity moves

Step & Sculpt (S&S): Cardio work on the steps combined with resistance training.

Sculpt Fusion: Body sculpting with a yoga/pilates twist.

Sweat: Cardio kickboxing class that burns calories with punches, jabs, kicks and more!!

Tone: Muscle sculpting class using free weights, body weight, stability balls and body bars.

Yoga1: Improves strength and flexibility through concentrated breathing and stretching poses

Advanced –

Circuits: Prepare yourself for an adventure using a variety of equipment including, jump ropes, steps, weights, cones, hurdles and the track.

Extreme Tone: Condition your muscles by using a variety of weights, stability balls and body bars. Move from one exercise into another to elevate your heart rate and get an additional calorie burn!!

Power Step (PS): High-energy class with creative choreography.

Power Yoga: Strengthening yoga that focuses on holding positions and using breath to deepen poses.

Super Circuits – combination of TRX, Kettlebells, ropes, body weight and resistance work

TurboKick (TK): High energy traditional aerobic kickboxing class with a funky twist

Xtreme Intervals/HIIT: Alternate between intense intervals of floor aerobics, step and weights.

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

Specialty –

Pre-Natal Yoga yoga class designed for the mother-to-be with modifications for each trimester.

Master Classes: 90-minute classes designed to challenge your skills. Longer, not necessarily harder.

Express Classes: 30-minute classes designed to give you a quick fix. Great way to try a new class!!

TaeKwonDo*: Classes with the Greensboro Black Belt Academy (Register at the front desk)

Tai Chi*: Complete system of exercises, meditation and self-defense. (Register at front desk)

Dance Lessons*: 6 week sessions of dance lessons, styles offered include: ballroom, shag, tango, etc. (Register at the front desk)