

Fitness Class Descriptions

New to Group Fitness?? Arrive to class early and inform instructor you are new to class. Dress in breathable comfortable workout attire. Wear supportive shoes designed for that activity. Drink water before during and after class. Instructors will show different levels and modifications, workout at your own level. Feel free to ask instructor for help.

Level 1- Beginner classes

Intro Cardio Mix: Perfect place to start! This class is designed for the new participant and their needs. We will introduce basic step, aerobics, basic kickboxing, drums alive, weight training moves (group power technique), cycle as well as basic Yoga and Pilates for toning and stretch.

Aquacise/Water Fitness: Deep and/or shallow classes will give you a gentle low impact cardio and muscle conditioning workout.

Group Cycle: If you can ride your bike you can do this class! Beginner classes are 20-30 minutes in length. Our Lemond bikes are low impact and user friendly...you control the resistance with an easy turn of the knob.

Cardio Mix: This level 1 class will mix it up with basic low impact step, floor and kickboxing routines finishing with a gentle stretch. The regular Cardio Mix will have more challenging choreography.

Drums Alive!® Level 1-2 Experience the pulsating rhythms, dynamic movements and powerful percussions of this new high-energy dance and rhythm program. This workout for your entire body, mind and spirit combines traditional aerobics with the powerful beat and rhythm of the drums. Drumming rhythms on your stability ball with drumsticks not only works your body, but frees your spirit.

Pilates Mix: Level 1-2 Class is warmed up with flowing Yoga poses. The main portion of the class is Pilates mat work focusing on building core strength while using proper breathing techniques. The class will finish with Yoga stretches and relaxation exercises.

Pilates on the Ball: Pilates exercises using the fitball.

Yoga Mix: Class focus is on building flexibility and strength in the body's core muscles in an effort to create body awareness, protect the back and develop better posture. Both Yoga/Pilates will also lengthen, and balance out your body. Class is for all levels.

Awesome Abs: Work your abs/core & more in a variety of ways on the fitball and mat. We end with a relaxing stretch.

Level 2- Intermediate classes

Cardio Circuit: Back to basics class utilizing the weight room for strength circuits and the gym for cardio intervals.

Cardio Blast: 25 quick minutes of cardio intervals incorporating basic routines on the floor and step.

Step: The instructor will bring you through a variety of patterns utilizing the step to tone your muscles and burn calories. **Double Step** class has patterns using two steps!
Outdoor Training: Get your heart pumpin outside while taking it at your own pace with run/walk intervals. Please inform Kids Kastle staff that you will be with the outdoor class. Instructor will carry a cell phone. In bad weather class will move to studio.

Power Yoga: Experience the effects of powerful, flowing Ashtanga Yoga. This program is designed to increase energy, develop a strong and flexible body, and promote deep relaxation. Held in racquetball court.

GROUP CYCLE: Climb on our Lemond Revmaster and burn calories like crazy, improve your cardiovascular endurance and build strength. Our certified fitness

instructors will take you through a low impact workout that closely resembles a ride encountering the challenge of flats, seated climbs, standing climbs and intervals all while maintaining the ability to go at your own pace. With no complicated moves to learn set to energizing music in a motivating group environment you'll find yourself having a blast while creating a leaner, stronger body. Arrive to class at least 10 minutes early to get your bike set up. Call Member Services **829-4767** to learn about the reservation policy and reserve your spot.

Cycle flex: If you are time crunched or a new participant feel free to choose your length of ride, take time to cool down and stretch.

Open Studio Cycle: Studio and bike usage is available to have an independent ride. Obtain a bike pass from the front desk (bike orientation required) and ride during the scheduled times.

GROUP POWER™: Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages (13 and over) and fitness levels. Discover results, discover Group Power!! *

* Group Power classes require a punch card and registration prior to class...

GROUP POWER TECHNIQUE: Technique classes are designed to give the new participant some direction as well as help out anyone with their form.

Level 3 – Higher level

Cardio Kickboxing: This *fast paced* class provides an excellent cardiovascular workout using popular kickboxing moves such as jabs, uppercuts and a variety of kicks, finishing off with ab work and a final stretch.

