



## GROUP EXERCISE CLASS DESCRIPTIONS

**Building Bones & Balance-** Designed to build bone strength and reduce the risk of falls by improving strength, posture, balance and flexibility. The exercises in this class are proven safe and effective for managing osteoporosis and osteopenia. The class involves functional strength training such as squats, lunges, and stepping on and off of a step platform with a focus on correct form. Weighted vests are recommended but not required.

**Circuit Training-** Use of weight machines on Fitness Floor with an emphasis on conditioning and reshaping the body. 75-minute class that includes individual aerobic exercise, total body resistance work, ending stretch with health information. Class is open to all fitness levels.

**Circuit Training in the Crossline Room-** Evening circuit training (aka "Party in the Crossline Room"). Combines weight training, aerobic and floor exercise, plus balance work and stretching. A 60-minute class with upbeat music, suitable for all fitness levels, providing a comprehensive workout.

**Drop-In Circuit-**One hour class that allows you to come at any time during the 60 minutes and do as much or as little as you like with instructor guidance. Located in the Crossline Room.

**Cycling-** Group cycling at its best! Classes are interval based workouts taught by motivating instructors and include great music to keep those feet pedaling. High energy but very adaptable for all fitness levels.

**Fit for Life-** A complete and varied workout for all ages. Also good for those starting or returning to an exercise program. Class consists of a 15 minute warm up, 15 minutes of step and 20 minutes of easy to follow floor aerobics; balance work; 25 minutes of resistance work; hand weights for upper body; abdominal crunches; 15 minute flexibility stretch. Step is optional.

*Intensity Level: Low-Medium      Complexity: Basic-Intermediate*

**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 and fitness levels. Discover results, discover Group Power!

*Intensity Level: Low-High      Complexity: Basic*

**Group Strength-** Like Group Power, this great head-to-toe strength-training workout is designed each month by the instructor using dumbbells, barbell and core building tools that is accompanied by fun music. Provides functional strength for everyday activities. Adaptable for all fitness levels.

*Intensity Level: Low-High      Complexity: Basic*

**Hip Hop-** Can you shake that groove thing? Either way, this class is a lot of fun! You'll be moving your body to the music and getting a great workout while you do it. 60 minute class with fairly complex choreography.

*Intensity Level: Medium-High      Complexity: Intermediate-Advanced*

**Mostly Jazz-** A jazz dance class that will have you feeling like you're dancing on Broadway! This is a high energy class with complex, choreographed dance routines. 90 minutes.  
*Intensity Level: High Complexity: Advanced*

**Step/Power Step-** Cardio workout incorporating a step with optional height. Motivating music paired with fun moves and exercises to make the time fly by. All classes are open to anyone, however if you have never done step before, you may want to begin by taking the Basic Step and progress to the other step classes.  
*Intensity Level: High Complexity: Intermediate-Advanced*

**Step & Strength-** Total class time is 75 minutes. We begin with a 45-50 minute step class followed by approximately 20 minutes of weights, finishing with abs and a stretch.  
*Intensity Level: High Complexity: Intermediate-Advanced*

**Total Fitness-** Total body strength training workout using barbells, dumbbells and dynabands. Many people new to weight lifting try this class first and then progress to Group Power or Group Strength. 60 minutes.  
*Intensity Level: Low-Medium*

## MIND/BODY CLASS DESCRIPTIONS

**NIA-** A cardio-dance fusion class incorporating elements of martial arts and yoga. Come experience a totally unique and fun workout!

**Pilates-** Mat classes that improve strength, flexibility, coordination, alignment and balance. Participants work on building core strength and enhancing the mind/body connection. Great for strengthening the abdominals and lower back. Intensity and complexity vary by class.

**Tai Chi-** graceful, ancient Chinese standing exercise form that combines relaxed slow movement with a calm, alert mental state. Both a Martial Art and Moving Meditation, Tai Chi improves breathing and circulation, while reducing stress. All ages.

**YOGA-** Yoga emphasizes the mind body connection. Classes are designed to increase and promote relaxation, with an emphasis on breathing. Participants may bring their own mats or use those provided by TAC. Intensity and complexity vary by class.

**Gentle Yoga-** For the beginning Yoga student, those recovering from injury or illness, mothers-to-be, or anyone who could benefit from relaxing. This class provides an introduction and individualized attention.

**Tri-Yoga-** A well-balanced aerobic sequence of moves emphasizing controlled breathing that energizes; and dynamic concentration that relaxes.

**Yoga Flow-**A vinyasa style yoga class. Vinyasa means "breath-synchronized movement." It's also called "flow" because of the smooth way that the poses run together and become like a dance. In Yoga Flow students transition from one pose to the next, or in and out of a pose, on an inhale or an exhale. Bringing breath and movement together creates a mind-body practice that clears the mind, and creates flexibility and strength. Because each student is encouraged to make choices about how quickly to move and how far to go into each pose, Yoga Flow is adaptable to all levels of fitness.

**If you have any questions or would like help finding the right classes for you, contact Jen Humphreys, Group Exercise Director 757-8559**

**Updated~3.24.08**