

GROUP EXERCISE CLASS DESCRIPTIONS

Boot Camp provides intense cardio work combining plyometrics, Hi-Lo, intervals and more in a drill style format. Also includes focused strength work, targeting the whole body.

Bones & Balance is 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 focuses on form and functional strength training including squats, lunges, stepping on and off of a step platform and upper body work with bands and balls as well as exercises to improve balance.

Circuit Training in the Crossline Room is an evening class combining weight training, cardio, floor exercise, balance work, and stretching. This 60-minute class provides a comprehensive workout suitable for all levels.

Circuit Training on the Fitness Floor uses weight machines and fitness stations with emphasis on conditioning and reshaping the body. This 75-minute morning class includes individual cardio exercise, total body resistance work, plus an ending stretch with health information. Class is open to all fitness levels.

Core Conditioning provides an intense, but short workout. Twenty-five minutes of abdominal and lower back exercises sculpt and strengthen your midsection.

Cycling classes are high-energy workouts led by motivating instructors with great music to keep your feet pedaling. Cycling is easily adaptable for all fitness levels where you control the tension on your bike.

Fit for Life offers a complete and varied workout for all ages and is suitable for those starting or returning to an exercise program. Dance, strength training, balance, core work, Pilates and yoga are all included in this 90-minute class.

Group Blast is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

Group Fight is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will push you to a personal best! POWER UP!

Interval Training uses the fundamentals of cardiovascular interval training to get you an hour workout in 30 minutes. Exercises are high intensity; modifications will be given as needed.

Line Dancing is FUN, easy to learn and a great way to get moving! Line Dancing improves stamina, muscle tone and coordination and is a great stress buster and energy booster. Good for posture, strength, and mobility.

Mostly Jazz is an advanced dance class that keeps you dancing for 90 minutes and feeling like you're ready for Broadway! This high-energy jazz dance class features complex, choreographed dance routines.

Metabolic Conditioning begins with myofascial release on foam rollers, followed by a dynamic mobility warm up. The class combines body weight, BOSU, balls, weights, and other equipment to combine the most effective fat burning workout around! Learn how to properly lunge, squat, push, pull and rotate your body all at your own pace. Perfect for beginners or advanced participants.

POUND is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums! This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

Step challenges you with an intense cardio workout utilizing a step platform. Motivating music pairs with interesting choreography to get you energized. **Step and Core** adds additional core work at the end of class.

Strength is a full body workout utilizing bars, dumbbells, bands, body weight, and other equipment to execute multi-plane, functional, strength training exercises. Suitable for all fitness levels.

STRONG by Zumba combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Total Fitness starts your day with a complete strength training workout using barbells, dumbbells and bands. Members new to strength training can safely begin with this instructor-designed class. Great for people new to lifting weights.

Zumba fuses energetic Latin rhythms with easy-to-follow dance steps to create a dynamic and exciting workout. Suitable for beginners as well as long-time Zumba enthusiasts, this class will keep your feet moving and your heart pumping!

Zumba Gold is perfect for the active older adult who is looking for a modified Zumba at a lower-intensity. This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination.

MIND/BODY CLASS DESCRIPTIONS

Back Clinic features methods from postural-alignment therapy; a method that gets to the root of your chronic pain by restoring your body to proper alignment, function, and balance. Self myofascial release techniques using foam rollers and tennis balls will also be incorporated, eliminating your body's stress and tightness.

Barre is an energetic combination of Ballet, Pilates, yoga combined with resistance exercise to sculpt, tone, and strengthen your body.

Barre/Pilates Express is a fusion of the Barre technique and traditional Pilates exercises...all in 45 minutes. This class integrates props such as balls, resistance bands, and the ballet barre. All fitness levels are welcome!

Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. REDEFINE YOUR SELF.

MELT will help erase pain and tension in your hands, feet, neck, and your entire body brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome. This class will integrate MELT length, strength and core elements. MELT soft foam rollers and MELT balls will be used in class (equipment is provided).

NIA provides the joy of dance and the relaxation and focus of yoga by fusing movements from dance, martial arts, and healing arts. The opportunity to work core, cardio, flexibility, and strength at the intensity level of your choice makes this an excellent class for beginners to experienced movers.

Pilates Mat Classes 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, Pilates classes vary in intensity and complexity.

Gentle Pilates features all the benefits of a Pilates mat class at a more relaxed pace and is ideal for those new to Pilates, recovering from injury, or coming back to exercise.

Power Pilates offers concentrated mat exercises and rhythmic breathing to strengthen and tone the body with a strong emphasis on the core. For the person who likes variety and challenge, this class moves at a brisk pace and includes traditional and more advanced exercises, as well as the use of occasional props. This class will leave you with improved posture, increased lung capacity, sculpted muscles, greater flexibility, and relaxation.

Pilates/Dance blends the best of pilates core-strengthening floor-mat exercises with eastern dance and ballet movements. This fun-filled multi-level class is for anyone wanting to develop and maintain a balance of core muscle tone, cardio conditioning, and graceful coordination.

Tai Chi is a gentle exercise technique that incorporates a series of bodily postures and movements in a slow and graceful manner, with each movement flowing, without pause, to the next. Tai Chi can be helpful in achieving a state of physical and mental relaxation while also strengthening the cardiovascular and immune systems.

Yoga is a 5,000 year old practice emphasizing the connection between the mind, body, and breath. A yoga class develops strength, balance, stamina and flexibility while focusing on mindful movement and awareness of breathing. TAC offers a variety of Yoga classes for your level of interest, ability, and goals. Participants may bring their own mats or use those provided by TAC.

Gentle Yoga is designed for the beginning Yoga student, those recovering from injury or illness, pregnant women and anyone seeking a relaxing, strengthening and inspiring practice. It is slow and modified to your own best interests and limitations.

Therapeutic Yoga is a carefully designed combination of Gentle Yoga, awareness exercises, restorative yoga poses (supported postures), and breath work. Excellent for beginners or those with injuries.

Vinyasa Flow aligns movement with breath to integrate the body, mind, and heart. This is a beginner/all levels class that moves from one pose to the next and students learn new poses through experience and guidance. Class may include some inversions and arm balances along with sun salutes, standing poses, back bends, forward bends, meditation and relaxation.

Yoga/Pilates integrates a varied selection of therapeutic yoga postures, aerobic breathing exercises, and relaxation techniques for the first 45 minutes. The class ends with Pilates core-strengthening exercises. Modifications emphasized for all levels.