

## **TIMBERHILL ATHLETIC CLUB GROUP EXERCISE CLASS DESCRIPTIONS**

**Cardio STRONG** by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Burn calories while toning arms, legs, abs and glutes. Plyometric moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

**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 a step platform, and upper body work with bands and light dumbbells.

**Circuit Training in the Crossline Room and Circuit Training on the Fitness Floor** use weight machines and fitness stations combining weight training, cardio, floor exercise, balance work, and stretching. These classes provide a comprehensive workout suitable for all 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.

**Dynamic Strength & Conditioning** is a class to meet all your fitness needs! This class is a fusion of full body strength, dynamic cardio, and core conditioning all based on sound, multi-planar, functional movement. There will be a proper warm-up and cool down, a variety of equipment used, and a happy face to coach you through.

**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 Kickboxing** 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. 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 a dynamic mobility warm up, 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.

**Rock Bottom—Glutes & More!** This 20-minute class focuses on strengthening and sculpting all the muscles in the lower body: legs, gluts, hips, and the smaller stabilizing muscles. Suitable for all fitness levels.

**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.

**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.

**Trying a new class? Arrive 5 minutes early to set-up and meet the instructor!**

## TIMBERHILL ATHLETIC CLUB MIND/BODY CLASS DESCRIPTIONS

**Back Clinic I** – A rehabilitative approach to optimize the regional dependence and inter-linking of the skeleton, joints and musculature through proper movement patterns. The class features therapeutic isometric, concentric and range of motion exercises based on the scientific principles of developmental kinesiology. Open to all levels.

**Back Clinic II** – Based on the fundamentals of Back Clinic I, this class offers a greater emphasis on core stabilization through proper muscular coordination and intra-abdominal pressure regulation by the central nervous system (CNS). This class gives the functional tools for the CNS to activate the intrinsic spinal stabilizers to optimize the kinetic movement system for both rehabilitation and human performance. Open to all levels; exercise modifications will be provided.

**Barre Dance Flow** is a fusion of the foundations of dance and the Barre Above technique. A strong emphasis is placed on alignment, form, balance, and connecting to the power of movement, in addition to integrating ballet, modern dance, and jazz. This class utilizes props such as balls, resistance bands, and the ballet barre. No dance experience required.

**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.

**Guided Meditation** and gratitude healing for the whole body creates a dialogue of health and healing. Every cell responds to every thought, emotion, and word. Everyone is welcome!

**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.

*Pilates continued:*

- **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.

**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.

- **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 Yoga** (translates to “flowing with breath”) is a dynamic style of Hatha yoga which joins physical postures, or asanas, with inhales and exhales, creating a steady internal rhythm for the practice. Class includes creative sequences involving sun salutations, standing and seated postures, back bending, arm balancing, and a strong focus on the power of breath awareness. Suitable for all levels.
- **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.



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