

# aerobics

# GROUP EXERCISE

## Basic Step

45 minute cardiovascular workout choreographed using intensity variations while incorporating basic footwork followed by 15 minutes of Ab work out.

## Boot Camp

60 minute cardiovascular workout, focusing on basic calisthenics and athletic movements; focus on strength, speed and balance.

## Indoor Cycling

60 minute complete cardio workout using a spin cycle for an intense bike run focusing on leg strength training and overall stamina and endurance.

## Cardio Kickboxing

Intensive cardiovascular and strength conditioning class that incorporates movements derived from boxing and karate.

Focuses on punches and kicks that provide for a vigorous, energetic, heartpumping workout.

## Mat Pilates

Series of exercises performed on the mat to strengthen the core, improve flexibility, and muscle tone - all the while focusing breathing patterns and movement.

## Jump Rope

60 minute jump rope and ab class. Class consists of a 30 minute intense cardiovascular class that incorporates movements derived from the art of jumping rope, and a 30 minute ab buster segment, which focuses on the upper and lower ab sections to strengthen and tighten the midsection.

## Stability Ball

60 minute workout, which incorporates the use of a stability ball (large air-filled ball) to improve strength, balance, and posture while engaging the core muscles.

## Body Sculpting

Aerobic/Anaerobic workout utilizing peripheral equipment to improve muscular endurance and stamina.

## Intro to Tai Chi

Based in martial arts, Tai Chi trains body mechanics and alignment.

It is practiced at a slow and even speed promoting relaxation, straight posture, and balance.