

Wellness Summer 2010 Fitness & Yoga Schedule & Descriptions

BODY BLITZ: Make the most of your time in this intense, total body sculpting class that squeezes a 60-minute workout in 45 minutes.

BODY DESIGN: This is a 30 minute session following Step 101. We will cover the fundamentals of weight training in this class.

CARDIO BLITZ: Blitz your Cardio with strength and cardio intervals in this fun Saturday morning class. The perfect blend of sculpting and cardio to start your weekend right!

CARDIO KICKBOX: This class incorporates the basic moves of kickboxing with strength, balance and flexibility work to provide a full body workout.

CARDIO PUMP: The perfect union of cardio, muscle & music. This fun class features half cardio and half power pump using body bars, medicine balls and resistance tubes.

CARDIO SCULPT: Enjoy non-stop body sculpting accompanied by heart pumping cardio interval bursts to give you the ultimate sculpting!

EXTREME STEP: Jodi Evers is going to rock your Friday with her challenging and fun step class! This class features advanced choreography!

PILATES: Our Pilates class will strengthen the deep back and abdominal muscles and create muscular balance. The class will focus on core strength, alignment, breath and balance.

POWER PILATES: Using a variety of tools such as mini-weighted bars and balls, this is not your typical Pilates class. This class will strengthen your body as well as challenge your core stability, balance and flexibility.

POWER PUMP: Increase metabolism and burn more calories all day long with our Power Pump class. This is a strength-training workout using body bars and weights. This 60-minute class works all major muscle groups.

SilverSneakers®FITNESS PROGRAM: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and balls are offered for resistance and a chair is used for seated and/or standing support.

STEP 101: This basic step class is geared for those who would like to learn step aerobics. The step portion will consist of 30 minutes followed by Body Design.

STEP & SCULPT: This challenging, intermediate step class will have you stepping and sculpting your way to a better body while jamming to the top radio hits. If new to step, Step 101 is encouraged prior to this intermediate step class

SPIF: Designed for those over 50 or those seeking a less intense workout, this one-hour class features Lo impact aerobics or step and strength work.

SPIF STRENGTH: Spif Strength is a strength training class using resistance equipment such as dumbbells, xertubes, resistaballs and body bars.

SPIF CARDIO PUMP: Our popular class is now Spif style! This class features 30 minutes of cardio conditioning followed by 30 minutes of strength training.

SPIFLIFT: Increase bone mass, improve muscular strength and enhance joint health with strength training! This class features a circuit strength-training program using Cybex weight equipment, resistance bands and dumbbells.

SPIF FUSION: Your favorite Spif classes with the added bonus of strength, cardio and yoga all fused together to make an incredible Spif style workout.

TOTAL BODY CONDITIONING: Combine full-body resistance training with continuous cardio training and you get Total Body Conditioning! This athletic workout uses a variety of equipment and is an easy to follow yet very intense workout!

ZUMBA: Ditch the workout and join the party! Zumba is a Latin based group fitness class that combines amazing, irresistible and international music with dynamic, yet simple exercise moves!