Group Fitness Class Descriptions

Abs (30 minutes): This is a half hour class of intense sculpting and defining of your mid-section. We work through standing core moves to core work on the floor utilizing bodyweight, dumbbells and other resistance equipment to challenge the muscles in the mid-section.

Abs HIITS Yoga Fusion: Strengthen your body in mind with a fusion of high intensity abdominal exercises and yoga flows. High intensity interval training is an amazing fat burner, improves heart health and can increase your metabolism! Do your body a favor! All levels welcome

Advanced Belly Dance: Join us to learn the ancient art of belly dance! We will warm-up with a review of the basics, then focus on advanced techniques, including: level changes, layering, traveling, cuts and locks, etc. This format is best for anyone looking to further develop belly dance technique; some classes may include more or less discussion, depending on our topics of the day. Low to moderate intensity, no impact (no jumping).

African Dance Workout: A cardio blasting dance class that fuses steps inspired by Central African dance and Hip Hop. Come for a high energy hour of constant motion and strengthening dance moves. This class will help you explore a new culture and achieve your body goals.

Ashtanga Vinyasa Yoga: A set sequence of postures designed to help de-toxify the body with powerful breath and movement. This class is also open to all skill levels, but can be challenging for complete beginners.

Balls to the Wall: Med balls, stability balls, BOOS balls, oh my. Use one of the best tools for working out effectively during this full body workout. Bonus! Get aggression? Med ball slams are not only encouraged, they're required.

Basic Yoga: This class is helpful for those new to yoga, or those who just want a more gentle class. Explore the fundamentals of yoga as you learn how to breathe and move deeply from within. Practice light movements with consciousness to build strength, balance, flexibility, and inner peace.

Beginner Belly Dance: Join us to learn the ancient art of belly dance! This class will focus on the basic techniques – we will discuss healthy posture and practice isolation, circles, 8's, shimmies, and arms. The semester will build on a full choreography to practice at home! This slower-paced format is great for new exercisers, or as a refresher for Advanced/Belly Dance. Low intensity, no impact (no jumping).

Bhangra Bootcamp: This dance based workout combines traditional dance moves from a North Indian culture with modern and hip hop beats to create something new and refreshing! Looking for a total body workout with variable cardio? Then Bhangra Bootcamp will serve you well! Come to our classes to learn more!

Buns, Guns & Guts: This strength-based class targets your glamour muscles: the booty, the arms and the abs. With fun music and high-energy, you can condition, strengthen and tone some of the biggest muscle groups. All levels of participants are welcome!

Burn to the Beat: Lifting weights without music can be kind of a bore. Lifting weights on beat to the music? Now that’s fun. Warning, you will tone up as a result of regularly attending this class.

Cardio Belly Dance Fitness: Warm-up with an introduction to the basic movements, followed by a variety of belly dance choreography, and cooling down with deep stretches for the hips, legs, and core. Low to moderate intensity, no impact (no jumping).

Cardio Kickboxing/KBox: This class is a combination of cardio, boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.

Cardio Sculpt: Using the combination of strength and cardio to give you maximum calorie burn, you will notice your body more shredded than ever. We will bring the heart rate up through intervals of cardio between sets of weight lifting in order to tone your muscles for a leaner look.

Circuit 30: This class will keep you on your toes as you work through various stations training different areas of the body. The incorporation of many different exercises and equipment will give you the added benefit of never getting bored with your workout.

Cycle 2 the Beat: A high intensity cardio endurance class choreographed to the beat of each song. A variety of music genres are offered ensuring that you will hear music that gets you pumped!

Cycling: Indoor cycling class on stationary spin bikes are fun, energetic and exhilarating. Great way to cross train and boost your calorie burn. If you are up for increased stamina and endurance come take a ride on the wild side.

Hatha Yoga Flow: A moderately paced flow between postures with emphasis on breath and movement. This class serves as an introduction to a basic yoga practice for the beginner to intermediate level yogi.

Hip Hop Workout: A choreography based Hip Hop class that challenges the mind and body. Come learn two or more dance combos to the best of Hip Hop music’s past and present. This class will feature a number of different Hip Hop styles to master and guarantees a fun hour of exercise. All levels of dance experience are encouraged.

Hustle (Line Dancing) Class: Don’t be a wallflower. Learn the popular hustles (line dances) so you can join the fun at dances, parties, wedding receptions, reunions, etc. Take a chance, learn something new. Dance to some great music and get a good workout. Step-by-step instruction. Open to beginners and intermediate dancers, students, RFC members and Wellness Warriors.

Jump Rope Fitness: Warm-up with hand weights and Pilates-based exercises to get the body ready for intervals of jumping rope mixed with light cardio, and cooling down with deep stretches for the hips, legs, and core. Wear gym shoes with support to allow comfortable jumping. Low to moderate intensity, moderate impact/jumping.

Kardio Kraze: This class is for those who don’t have a lot of time and need to push themselves past their limits. Its 30 minutes of heart pumping, body burning, and high intensity movement guaranteed to push past your personal limits and promote optimal mental and physical performance.

Kick & Tone: Enjoy the energizing synergy of cardio, kickboxing, toning and moves for your abs. It is sure to keep you on your toes!

Kickbox Circuit: Kick up your cardiovascular endurance and improve your aerobic fitness with basic punches, blocks, and kicks. Knockout fat and blast off calories with this two-in-one cardio kickboxing and strength circuit workout. Come ready with “the eye of the tiger.”

Pilates: A mat class that will engage the ENTIRE body, with focus primarily on the core. Develop strength, flexibility, muscular endurance, coordination, balance and posture while engaging in exercises that pose low risk for injury.

Power Kid: High energy class that promotes self-defense and confidence through a series of punches, blocks and kicks that will help sculpt the body and burn calories.

Power Ball Rhythmic Cycling: Do you love music? Are you looking for an effective full-body workout that’s low-impact and fun? Then Rhythmic Cycling is for you! Get movin’ and groovin’ with Rachael as she takes you through a stress-relieving, calorie-burning workout that will sculpt, stretch and tone your body while expanding your horizons in the musical world of hip-hop, pop, rock, funk, disco, techno, dubstep, and more!

Powerball Extreme: Utilizing the Stability Ball for strengthening, conditioning and cardiovascular benefits – this class takes a unique and fun approach to fitness. This class will assist in balance, tone, agility and strength for an overall fitness based 30 minutes. You will feel the benefits of this class, like no other.

Rhythmic Cycle: Do you love music? Are you looking for an effective full-body workout that’s low-impact and fun? Then Rhythmic Cycle is for you! Get movin’ and groovin’ with this stress-relieving, calorie-burning workout that will sculpt, stretch and tone your body while expanding your horizons in the musical world of hip-hop, pop, rock, funk, disco, techno, dubstep, and more.

Slow Flow Yoga: is a nice gentle yoga sequence that is welcoming to all skill levels. It’s designed to promote relaxation, increase flexibility, and improve strength, balance and overall wellbeing in this yoga class. Cultivate patience and alignment with slow moving flows.

Sore to the Core: A strong core means more than just 6 pack abs. Fight low back pain, improve your posture and define your abs in this class that works your core from all angles.

Spintastic: This is a moderate to advanced cycling class that offers beginner modifications so ALL are welcome! Come prepared to sweat and jam to a wide range of music from hip hop to oldies! Cycling addresses cardiovascular and muscular endurance as well as strength. So get ready for the burn!

Split body workout: 12:00 -- upper body and 12:39 -- lower body

Step and Sculpt: Simple, heart-pumping step aerobics routines combine with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels. You may be surprised to actually enjoy sculpting your body and following step combinations.

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**Step Extreme:** A version of a step aerobics class. Step aerobics burn 30-60% more calories than traditional aerobics. Extreme Step is a 30 minute higher intensity variation of a traditional step class, using more complex choreography.

**Stretch and Tone:** Warm-up with hand weights, followed by Pilates-based exercises mixed with intervals of stretching to build strength and flexibility, improve posture, and focus on deep breathing. Wear comfortable shoes during warm-up. Low to moderate intensity, no impact (no jumping).

**Stretch it Out:** Re-align, re-energize & recover with this 30-minute workout designed to improve flexibility and increase range of motion. This class works in tandem with your current routine, whether you’re finishing a workout, just getting started, want to learn different ways to stretch, or simply looking for another way to unwind.

**Sunrise Yoga:** Awaken the body and mind with invigorating movements. Sunrise yoga focuses primarily on Astanga sequences, providing a great deal of strength and flexibility. Class level is intermediate and may be challenging for absolute beginners.

**Tabata:** A great way to incorporate both strength training and cardio into a workout less than an hour!! This Tabata class consists of; an aerobic warm-up at the beginning and stretching at the end, 8 stations (4 minutes each) of strength building, or endurance based exercises w/ 40 second rest between each of the stations. At each one there will be 1-2 exercises. You will be timed 20 seconds on, 10 seconds off. Depending on the difficulty level of the exercise, the 10 second off period, will be another exercise or a short rest. After all 8 stations are complete, you will be sure to have had a full body workout in just about 50 minutes.

**Tabata Max:** A great way to incorporate both strength training and cardio into a workout less than a half hour!! So this shortened and more intense version of Tabata is 4 stations/plus warm up with 30 second rest periods: Participants are encouraged to stretch on their own.

**Tone Up and Dance:** Increase muscle tone while improving circulation, flexibility, stability & coordination. Join us for a fun, invigorating workout that features elements of ballroom, hip-hop, jazz and modern dance.

**Total Body Circuit:** This class will change the way you look at exercise, no longer will Boredom or ordinary be attached to your routine, as this class will provide a variety of total body training circuits to keep your body guessing and keep you excited to exercise. The intensity of the circuit training and exercises involved is designed for fat loss, while also improving total body strength. It’s time to mix it up and get right physically and mentally for 2016 and the future!

**TRX MAX:** This conditioning class is 60-minutes of high intensity interval workouts using TRX straps, medicine balls, battle rope, and Kettle bells. Great for all levels!

**Vinyasa Yoga:** In this class a marriage between breathe and movement is established. For practitioners who find peace in movement.

**Women Only Circuit:** Total body experience that promotes wellbeing, weight loss and accountability using machines and dumbbells in the “Women’s only area”.

**Work it in the Circuit:** 50 minutes of hi/low combinations to create an interval feel but maximize results. Come explore various circuits week after week!

**Classes will begin January 11 and end April 23, 2016.**

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**Waist Trainer 101:** Is your core your kryptonite? Let this class reduce your waist, tighten your core and unleash your inner Superhero in 30 minutes!

**Yin Yoga:** This style targets the deep connective tissues of the body to help regulate the flow of energy. With more passive postures, yin yoga is unique in that you are asked to relax in the posture, soften the muscles and move closer to the bone.

**Zumba Toning Blast:** Join us as we dance the calories away with the added bonus of light weights to sculpt and tone your muscles. Rockin’ party, Rockin’ body.

**Zumba:** Not your average cardio session. A Latin fusion dance party designed to make you sweat.