

# GROUP FITNESS CLASS DESCRIPTIONS



## OUTDOOR CLASSES

### **BACK TO BASICS**

This is a low-impact muscle and cardio class for beginners and intermediates. Interval training to include cardio and strength sections. Work all major muscle groups during the class, new routines every week.

### **BARRE**

Barre is a hybrid workout class- combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Barre focuses on high reps of small range movements.

### **BOOTCAMP**

An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. Bursts of intense activity alternated with intervals of lighter activity.

### **CYCLE**

Spin is a highly effective way to build cardiovascular strength and endurance. Designed for anyone 13 years and older and for all fitness levels. Spin offers a 45-minute ride with energizing music. Get your heart pumping and burn some serious calories. \*\* CYCLES ARE DESIGNED FOR THOSE 5' OR MORE IN HEIGHT\*\*

### **INSANITY & MUSCLE**

A combination of insanity- a cardio workout to burn fat and improve athletic capability and Muscle- strengthening the major muscle groups.

### **MUSCLE**

Work most major and minor muscles, utilizing body weight and some equipment such as dumbbells and barbells. Tone, strengthen and sculpt. All levels of fitness.

### **MUSCLE & CARDIO DRILLS**

A combination class of cardiovascular exercise to get the heart rate up and improve athletic performance with muscle strength training of major muscle groups.

# GROUP FITNESS CLASS DESCRIPTIONS



## OUTDOOR CLASSES

### 'THE' MIX

The Mix is an interval- based class to include HIIT and Tabata, incorporating cardio and muscle strength components. This class is best suited to intermediate and advanced participants.

### MUSCLE STRENGTH

A 40-45minute class designed to tone, strengthen, & sculpt your muscles.

### PILATES

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

### POWER STRENGTH

Power strength will blast all your muscles with a high-rep weight training workout in a motivating atmosphere. Using barbells, weight plates and body weight, Power strength combines squats, lunges, presses and curls with functional integrated exercises. Movements are choreographed with dynamic music and will get your heart rate up, make you sweat and push you to a personal best. Suitable for all fitness levels.

### STRETCH

Work through simple stretches from head to toe. As the class progresses advance to more area specific stretches. Increase your flexibility and range of motion. Move through the entire body whilst giving the core a good workout. All levels of fitness can participate and enjoy!

### TAI CHI

A form of martial arts using a paced series of gentle movements and stretching with integrated control of breathing generating internal energy and mindfulness. It can improve muscle strength, flexibility and balance.

# GROUP FITNESS CLASS DESCRIPTIONS



## OUTDOOR CLASSES

### TEEN ATHLETICS

This awesome class will help your 11 and up year old to get in great physical shape. Teen Athletics is taught by one of our Personal trainers outdoors under the cabana. Come with a towel, water and be prepared to SWEAT.

### TOTAL BODY STRENGTH

This class uses the principals of high intensity interval training and couples it with challenging strength movements for a hardcore workout.

### YOGA

Focuses on breathing, basic Yoga poses, strength, flexibility and relaxation. Postures increase in intensity and difficulty as strength and endurance develops. Preparation and assistance for more advanced inversions are included. You can expect an emphasis on simplicity, repetition and ease of movement.

### ZUMBA

Exercise in disguise! Ditch the workout and join the fun. It's the craze of the Latin beat and the excitement of shouting and moving those body parts you had forgotten about. This is a cardio workout aimed to please all levels. Zumba routines incorporate interval training - alternating fast and slow rhythms.

### KIDS FIT 4 FUN (4-6 YEARS OLD)

Upbeat exercise and fun games for children to get active. Help your child gain fitness and movement skills while having fun. For children aged 4-6 years. Sign in and sign out by parent/guardian required

### KIDS FIT 4 FUN (7-10 YEARS OLD)

Develop movement, co-ordination and agility to build a foundation for future sporting activities. Ages 7-10 years. Sign in/out required by parent/guardian.

# **GROUP FITNESS CLASS DESCRIPTIONS**



## **VIRTUAL CLASSES**

### **CARDIO & CORE**

A combination of cardiovascular exercises and core- based movements guaranteed to make you sweat.

### **CARDIO KICKBOXING**

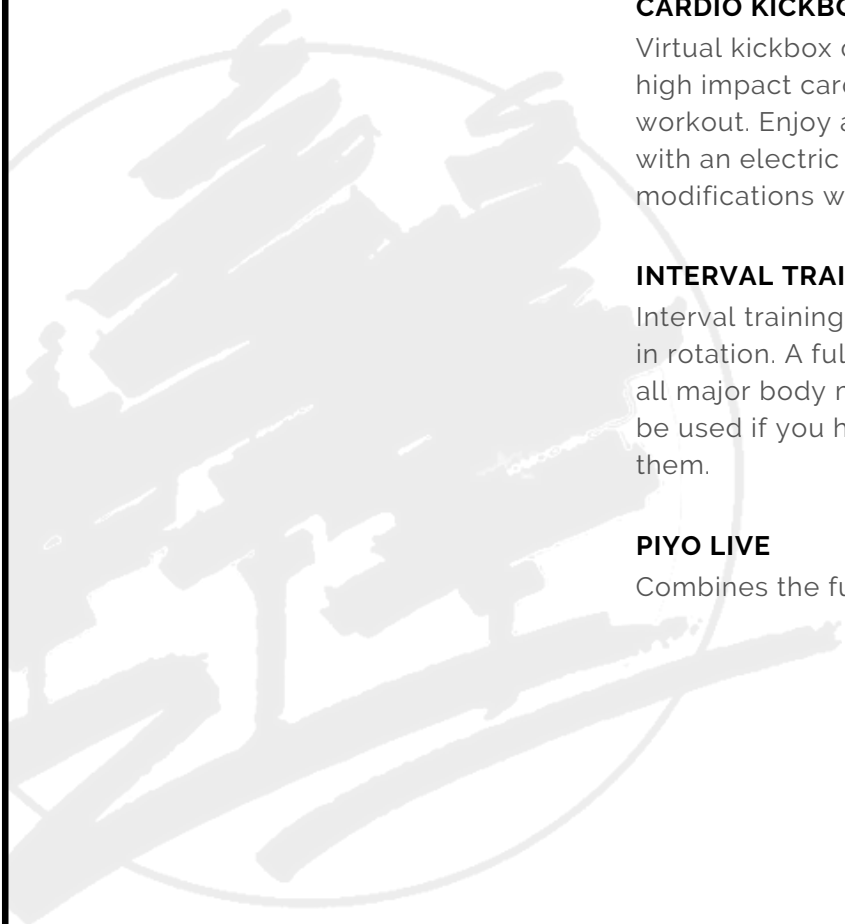
Virtual kickbox class taken from the comfort of your own home. High intensity, moderate to high impact cardiovascular class which incorporates the whole body for a challenging workout. Enjoy a choreographed cardio blast with an electric fast beat. This class is suitable for all levels of fitness, modifications will be given.

### **INTERVAL TRAINING**

Interval training is a combination of a strength move, and abdominal move and a cardio move in rotation. A full body workout incorporating a cardiovascular blast and strength training of all major body muscle groups. Paper plates are required, weights and a resistance band can be used if you have them.

### **PIYO LIVE**

Combines the fundamentals of yoga and Pilates for an intense class experience.



# ***GROUP FITNESS CLASS DESCRIPTIONS***



## ***AQUA CLASSES***

### **AQUA AEROBICS**

A mix of cardio and tone. A fast-paced workout to burn calories.

### **AQUA CIRCUITS**

A boot camp style swimming class adding a variety of exercise stations. Participants will rotate through each station at timed intervals in a circuit throughout the hour. You won't want to miss this class if you are in training.

### **AQUA INTERVAL**

Timed high intensity bouts of cardio/strength water exercise movements.

### **AQUA ZUMBA**

Aqua Zumba combines some of the traditional elements of aqua fitness classes with the upbeat, Latin infused dance moves and music. Low impact but high intensity requiring no swimming skills. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back

### **WATER EXPLOSION**

This class is Aqua Aerobics at a slower pace. Dumbbells and noodles are used to offer resistance and core work. This class is for all levels of physical ability and can be easily individualized for all energy levels