



Class Descriptions

A+ Abs - This class is designed to strengthen and tone the front abdominal muscles (rectus abdominis), side-twisting waist muscles (internal and external obliques) and the lower back muscles (lumbar group and spinal rotators). Strong, developed abs and back help your posture too! You'll look better, feel better and perform all activities better.

Body Blast - This high-powered, total body, conditioning workout set to music works all the major muscle groups of the body using dumbbells, body bars, resistance tubing, the Resist-A-Ball, the Step platform, the Core Board, and your own body weight. This workout will build your endurance and speed your metabolism for increased fat burning. All fitness levels welcome.

CardioFlexiball - This stability ball workout will put a smile on your face and the FUN factor in your cardio training! Bounce back to being a kid again. Come inside and play ball!

CardioMix - A great classic cardiovascular workout that includes low and modified (high) impact moves to get your heart pumping. Intensity progresses for all skill levels.

CardioPump - This class alternates weight work for a challenging resistance training session to tone and sculpt your body with some step intervals to increase your cardiovascular endurance.

Core Board - Using the Reebok Core Board, this class includes a varied combination of unique balance and core stability training with cardio work too. Beginners use caution.

Double Trouble - This class includes a mixture of cardio kickboxing and step to give you the high intensity workout you've been looking for. If you love to kickboxing and step, this is the class for you. All fitness levels welcome.

Gliding - A unique sliding disc exercise system that allows for smooth, fluid, graceful movements. Gliding exercises work multiple muscles while engaging core stabilization throughout the range of motion. Simplicity of movement makes this unique exercise system adaptable, which is why it can be easily incorporated into virtually any class format including Aerobics, Step, Core Conditioning and Strength work. Other classes may incorporate the Gliding discs. All fitness levels welcome.

Group Cycling - A non-impact, indoor cycling workout for both athletes and beginners. If you can pedal a bike, you can take a group cycling class. Bikes are designed to mimic high-performance racing bikes, complete with toe cages and straps, performance handlebars, a 40-pound fly-wheel, fixed-gear system and resistance dial to give you the ultimate workout. Take on the terrain and lead the pack through hills, flats, mountain peaks, time trials and interval training. This 50-minute class is based on outdoor riding. Participants ride to inspirational music over

the equivalent of 12 to 15 miles of varied terrain, controlling the intensity of the workout with a resistance dial and pedal speed. This class will increase your cardiovascular fitness, burn fat and tone and shape your legs, hips and butt. After a few sessions you will see your leg strength and muscular endurance improve. Before you know it, you're burning calories and releasing endorphins to give you that natural high and leave you feeling fantastic! Perfect for all fitness levels.

Hip Hop Aero - This dynamic, aerobic-style class, will bring out the inner dancer that lies within you. You'll not only learn how to feel comfortable in your own skin when your "cutting up the rug," but you'll have lots of fun doing it and loose those inhibitions. All fitness levels welcome.

Intervals - This class alternates 3 minutes of high intensity cardio work with equal segments of resistance training using dumbbells, body bars, resistance tubing and Gliding discs. Progress at your own pace. All fitness levels.

Intro to Cycling - (30 minutes) This non-impact, stationary cycling workout is designed especially for beginners. The instructor will show you proper bike set up, hand positions, body alignment and technique while guiding you through the dynamics of a light cardio workout that's just right for beginners. Ride at your own level. When you feel ready, progress to a full-length Group Cycling class for more challenge. Especially designed for beginners.

Intro to Group Exercise - (30 minutes) This class is designed to teach the basic fundamentals of any GGX (Gold's Group Exercise) class. If you've been hesitant to attend group exercise classes for fear of "not fitting in" this is the class for you. Our dedicated instructors will help you understand the components of any GGX class so you'll feel confident and secure. Especially designed for beginners.

Kickboxing - Workout your frustrations in this high-intensity, mixed-impact workout that burns fat and relieves stress while giving you a great sense of self-confidence. Jab, cross, hook, upper cut, kick, block and more in this dynamic, heart-pumping workout that promotes total body conditioning. All fitness levels welcome.

Kripalu Yoga - A compassionate union of the body, mind and spirit. Kripalu Yoga uniquely blends the physical postures of hatha yoga with the contemplative meditation of raja yoga. Strong emphasis on breath awareness and breathing techniques is part of the foundation of Kripalu Yoga. The focus is to be in tune with your whole being in the present moment accepting yourself as you are today. All fitness levels welcome. Dress warmly in layers that can be removed as your body temperature rises.

Pilates - This total mind/body workout focuses on precise, concentrated, stretching and strengthening movement using the mind to feel and focus the body. Movements emphasize creating strong abdominals and lower back to enhance strength, muscular symmetry, alignment, flexibility, and coordination. All fitness levels welcome.

SilverSneakers® I - Muscular Strength & Range of Movement is Healthway's core class and is designed to increase strength, range of movement, agility, balance, coordination and improve participants' functional capacities, physical fitness level and sense of well being. This class is presented with a chair for seated and standing choreography with hand held weights, elastic tubing with handles and a SilverSneakers ball. Classes are 45 - 60 minutes long.

SilverSneakers® II - Cardio Circuit is Healthway's advanced class for students who have expressed a desire for more cardiovascular and muscular endurance conditioning and have demonstrated above baseline proficiencies in agility, balance and coordination. Cardio Circuit is designed to increase cardiovascular and muscular endurance with standing, non-impact choreography alternated with standing upper body strength work with hand held weights, elastic tubing with handles and a SilverSneakers ball. Classes are 45 - 60 minutes long.

Step - Using the Reebok Step platform, this motivating class begins with an aerobic warm-up and progresses into more intense aerobic conditioning that keeps you working in your target zone. Classes start with basic step movements and progress into more creative movements on, over and around the platform. Beginners use caution.

Step & Pump - This class includes a combination of cardio moves using the Step platform and body-shaping, muscle-conditioning exercises, alternating heart-pumping cardio with strength/endurance work. It's the best of cardio and muscle conditioning in one high-energy workout. Beginners use caution.

Swing Dance Fit - Learn to dance Lindy Hop. An energetic partner-style dance originated in the 1930s. This class will give you a light workout while improving your balance, coordination and timing. NO PARTNER IS REQUIRED and you're sure to have fun!!

Tai Chi - Integrate your mind with your body in this very effective stress relieving class. The slow movement practice termed an "internal" exercise creates balance, flexibility and calmness. All fitness levels welcome.

TGIF - Looking forward to the weekend? This workout will get you ready for it with some heart pumping cardio, resistance training and a little work on the flexball to round it out. All fitness levels welcome.

Triple Play - This workout combines two parts cardio with one part resistance training. Work your heart and muscles with this diverse mix of two different types of cardio work, each lasting 20 minutes (aerobics, step, kickbox, etc.) and finishing with 20 minutes of resistance training. A great mix for all fitness levels.

Xpress Classes - These classes are shortened versions (45 minutes from start to finish) of our regular one-hour classes.

Yoga - These classes incorporate non-impact, stress-reducing postures that continuously flow to develop strength, flexibility and concentration, making you more flexible, while increasing your stamina and an awareness of your surroundings. Classes feature sun salutations and a series of standing and sitting poses that will encourage deep breathing and heart health. All fitness levels welcome. Progress at your own pace.

Yoga Flex - (45 minutes) In this class, participants will stretch, safely improve their balance, learn restorative breathing techniques and functional skills and abilities through a variety of seated and standing yoga poses and finish with a relaxation segment. A basic level class, this format complements any workout program. Appropriate for all fitness levels.

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