

## Group Fitness Class Descriptions

Power Pump-This class blends cardio and resistance training for maximum fat burning and body sculpting results. It's an intense yet basic workout for all fitness levels and uses a variety of equipment including hand weights, body bars, and resistance bands.

On the Ball- This is a low impact, total body workout. Get on the ball to strengthen, stretch, and stabilize your whole body.

Yoga- For all levels. A series of poses with a strong emphasis on breathing. You'll increase your flexibility and restore a healthy, positive mind/body balance, while focusing and relaxing the entire body.

Pilates- This class focuses on alignment, balance, and efficiency through breathing and stabilizing the spine. Enhances core strength.

Fit for Life- This is an all in one workout designed for people age 50+, involving cardio, strength training, and balance.

Kettle Bell- Great strength, core, cardio and total body workout, utilizing kettle bells as the main piece of equipment. Expect to use muscle you have not used before and give your workout a dynamic change.

Killer Cross Training- Not for the faint of heart. Sgt. Taylor pushes you through a mix of exercises, primary cardio and strength. She motivates you to go past your normal comfort zone. Meet at LeConte Wellness Center upstairs. Tissues for crying during class an extra fee.

Power Camp- A class for all levels. Power Camp combines bursts of cardio intervals with strength training. Using all types of equipment, this class will work your whole body.

ZONE TONE- 1 Hour workout focusing on working those areas that we usually forget about!

20/20/20- High intensity cardio workout divided into 20 minute segments.

Zumba- A dance cardio fitness workout to Latin music.

Blast fit- This is a 30 – 45 minute total body circuit training class. The class is a full body heart pumping Total workout.

Body Pump- A 50 minute full body workout choreographed to music. Fun for all skill levels.

PUSH- A high intensity class that works the entire body. This class uses callisthenic exercises by utilizing your own body weight. Arms , shoulders, back, chest, core, and cardio exercises will PUSH you to your limits.

HIT- High Intensity Training; The name says it all! This class is an intense circuit training class that will get you moving around the room, doing different exercises, and keeping your heart rate racing.

Retro Rhythms- A fun new class that will take you back in time. This class uses the best songs from the 70's, 80's, and 90's to give you a great core and cardio exercise, while getting your groove on! So dust off your bright colored spandex and headbands for this entertaining new class.