

Longfellow Sports Club Group Exercise Class Descriptions

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All classes begin with a warm-up and end with a cool down and stretching. Most classes include abdominal work (some 30-45 minute classes may not). Please make the instructor aware of any physical limitations you may have before the class. Remember to pace yourself and stay at your own level. Don't forget to drink plenty of water. Regular physical activity is necessary to develop and improve all components of fitness: cardiovascular, muscle endurance, strength and flexibility. For yoga and pilates classes, please bring your own mat, towel and water.

Cardio Sculpt

A 60 minute boot camp style conditioning workout that is both cardiovascular and muscle toning. It is performed with light weights, core board, & plyometrics to create this conditioning effect. This class maximizes heart rate and toning into one class.

Group Cycling

This is a power cycling class designed to condition the cardiovascular system and strengthen the lower body. Space is limited to 33 people and is on a 1st come, 1st served basis. There are 45 minute and 60 minute classes.

Power Yoga

A 60 minute complete mind and body workout that develops concentration, strength and reduces stress. Power Yoga goes beyond the relaxation benefits of traditional yoga by offering a route to health and fitness that participants of all levels will embrace

ZUMBA

ZUMBA is a fusion of Latin & International music dance themes creating a dynamic, exciting, effective fitness system! The 60 minute routines feature interval training with a combination of fast & slow rhythms that tone & sculpt the body with easy to follow dance steps. ZUMBA is a hip swingin', body pumpin', booty shakin' fun way to get a total body workout!

Beginner Cycle

This ½ hour class is designed for those new to cycling & covers all the basics of cycling.

WillPower & Grace

WillPower & Grace is a dynamic fusion of the most popular group exercise programs. This workout is the ideal cardiovascular solution for mind body practitioners. It's equipment free, barefoot, and infused with positive, strengthening philosophy. WillPower & Grace bare training develops ankle, knee, and hip stabilization to facilitate good movement and injury prevention.

Cardio Kick

A 60 minute challenging workout including combinations of various kicks, punches, and footwork with aerobic movement. Burn calories while building strength, flexibility and agility!

Below the Belt

Lower body training at its finest! This is a 30 minute class of total leg and abdominal work.

Stretch Combo

General stretches for every muscle group, beginner yoga postures and balancing. This 45 minute class is instructed with a step-by-step approach.

Low Impact Kickbox

A 60 minute low impact workout including various kicks, punches, and footwork with aerobic movement. Burn calories while building strength, flexibility and agility!

Pilates

This 60 minute class offers you a body balancing system that strengthens, lengthens, re-aligns, and defines your body.

Yoga Stretch

Basic yoga postures & stretches are combined to promote physical flexibility, improve core strength, and reduce stress by relaxing the mind & body. All postures/stretchers are done on the floor with relaxation at the end.

Funky Groove

This 60 minute class has traditional hi/lo moves with funky flair.

Muscle Conditioning

This 60 minute non-aerobic class concentrates on muscle conditioning and resistance training. 5, 8, 10 & 15lb. weights, tubing, medicine balls and/or resist-a-balls may be used. This complete athletic workout will strengthen, condition, tone and define like nothing else can.

Cardio Equipment Workout

A 45 Minute CV workout in the fitness area incorporating treadmills & ellipticals. A variety of workouts are done to music with the instructor during this class. Space is limited & is 1st come, 1st served.

Cardio Blast

A 60 minute high intensity class in which the choreography consists of a combination of high & low impact moves.

Hot House Yoga

Experience a wide variety of benefits by doing a series of yoga postures in 90 – 95 degree heat you will gain deeper stretches & increased flexibility with warmer muscles, a release of toxins through increased perspiration & a significant increase in heart rate. Class Length: 90 mins.

Step

A high intensity low impact class using a platform that is 2 to 10 inches high. Step classes can be individually adapted to each person's fitness level.

Cardio Bootcamp

This class combines cardio, stretching, and core conditioning by using circuit training stations.

Beginners Yoga

Basic yoga postures & stretching are combined to promote physical flexibility, balance, improve core strength, and reduce stress. Class length is 60 minutes.

BarSculpt

BarSculpt brings together the disciplines of Pilates, Yoga, and sports conditioning into one system. Targeting specific problem areas. Get prepared to build a strong core, improve your posture and focus your mind!

BODYPUMP

It's the fastest way to shape up & lose body fat! In this 60 minute class you will challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music & your choice of weight inspire you to get the results you came for – and fast!

Beginners Yoga Plus

Same format as Beginner Yoga, but more challenging, including a guided relaxation. Class length is 60 minutes.