

GROUP EXERCISE DESCRIPTIONS - Revised 8/26/11

LITE & LO- This class is designed to meet the needs of all fitness levels. Low impact moves provide a great cardiovascular workout with minimal impact to body joints. Basic moves are taught providing a comfortable workout level. Suitable for the beginner.

AEROBICS/CARDIO COMBO- A 45 minute cardiovascular workout that incorporates hi/lo impact moves with basic to complex movements. Kickboxing & Dance moves are also incorporated into the class at times. Students are suggested to take it at their own levels.

TAEROBICS- Cardiovascular conditioning with kickboxing moves & punches incorporated with anaerobic conditioning. A fun, kick of a class!

STEP – a 45-60 minute cardiovascular class using a Step platform 2-10 inches high based on your height and skill level. Many levels of intensity are taught with easy to hard choreography.

ZUMBA - Dance to zesty Latin and International music like salsa, meringue, cumbia and reggaeton. Low impact & easy to follow.

ZUMBA GOLD - Same as Zumba but more for the active older participant as well as beginners who are just starting Their fitness journey.

FUNKY GROOVE – You don't have to love exercise or know how to dance to enjoy Funky Groove. Take the "work" out of your working out and you'll burn calories, and benefit from cardio-training, reshape your body & have a blast doing it! Funky Groove is a free spirited dance class with hip hop moves, that you will move & groove with! You let yourself go and dance to the music! You WILL have a blast!

NIA – An Aerobic Exercise that combines modern dance, martial arts & the philosophy of healing art. Great class for anyone and its considered non-impact aerobics.

BOOT CAMP- An advanced class, not recommended for beginners that consists of Powerpacing, Power drills, jump roping, running, agilitys, stair running, weight machines, dumbbells, core etc. exercises are done in teams or individually and in intervals. Hi Energy, fun class! Stretch is done after you are done!

MOVING MUSCLE – A conditioning/cardio workout that is performed with light weights as props to create a conditioning effect. This class will maximize heart rate and tone at the same time. A step platform is used.

SCULPTING/BARBELL- A Total body workout for muscle conditioning with the use of Barbells, weight plates, dumbbells, tubings & medicine balls. Class focuses on Muscle strength and muscle endurance to improve lean muscle mass and decrease body fat.

CORE CONDITIONING- A 30 minute class that focuses on Core Strength by working the lower Back, abdominals, obliques, hamstrings, quadriceps & glutials. Resist a balls, medicine balls, weights are sometimes used in this class.

CYCLE & MUSCLE

A 60 minute class that incorporates interval training with Cycling, muscle work and stretching.

POWERPACING- a 45-60 minute Cycling/Bike Class that is great cardiovascular conditioning. Ride through intervals, speed work, hill climbing & recovery rides. Don't have to be a cyclist to do it!

****In the Winter, please remember to bring in other shoes to change in for class.**

DID YOU KNOW: You can view & download the current group exercise schedule online at... www.longfellowclubs.com or Contact Teresa at 508-358-7355 X317

