

GROUP FITNESS CLASS DESCRIPTIONS

Group Exercise – 14 years and up
All classes serve Club Members only.

CARDIO CLASSES

Step It Up

Step classes continue to be one of the most popular group fitness programs at our club. This class uses more difficult choreography and pushes participants to increase their cardiovascular fitness.

Sweat

Sweat yourself into a fit body. This class is a cardio burn using step, high-low, dance and kickboxing. Strength work will be included as well. GO FOR IT!

Body Step™

The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

RPM™

Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.

Cardio Kick Boxing

Relieve the stress- this class combines basic punches and kicks, with some added cardio and abs at the end. This is a great class for all levels.

Rebounding

This 45 minute low impact high intensity aerobic workout utilizes standard aerobic moves, sport-specific conditioning training and core stabilization techniques. This class is designed for all Fitness Levels!

Interval Training

Challenge yourself as you rotate through high intensity, cardio, strength, plyometric and agility drills. This class uses a variety of equipment and a range of options, sure to be a great workout for all fitness levels! No experience necessary, No choreography to learn, just come ready to work!

Beginner Cycling

If you have ever wanted to take an Rpm class but were unsure if you would last the hour or unsure about setting up the bike, then this class is for you. This class is going to teach you how to properly adjust the bike, break you in to those seats and get you familiar with the ride. This class is tough enough to give you a great cardio work-out but easy enough to follow.

Cycling

Come join this hour long cycling class and experience the thrill of hills, jumps, flats and more! This class is the perfect compliment to RPM!

Zumba

Sick and tired of the your bored, predictable routine? Come join the party! The Zumba party that is! This fantastic hour long aerobic class inspired by Latin dance will sculpt and tone your body, while blasting away fat. The hour will breeze by with all the fun you're having! High energy, exhilarating, and interactive; anyone of any age and ability will enjoy this class. Simply bring you own two feet and dance those inches off!

BodyCombat™

A superior cardio workout inspired from a wide variety of disciplines, such as karate, boxing, tae kwan do, and tae chi. Try it - you won't be disappointed!

RESISTANCE TRAINING

BodyPump™

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any

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fitness class.

Butts and Guts

This class is taught in 15-minute intervals so that you can come and go as your schedule permits. The first 15 minutes will work on legs and butt, the next 15 will work upper body, and the final 15 minutes will concentrate on core and abs. Balls, light weights, bands, and body bars are used.

Senior Strength Training

As we age, we lose valuable bone density, and muscle strength. Join us for this basic strength training class which will make you feel stronger and more confident throughout the day.

Kettle Bells

An explosive workout that hits all muscle groups. Progress your way through each kettlebell weight—starting from 5 all the way through 35 lbs!

Advanced Conditioning

Advanced Conditioning is designed to make substantial improvements in your endurance, stamina, strength and flexibility. It is geared towards creating a measurable change in your body and establishing a basis in fitness that allows you to perform well at any and every task imaginable and increases your capacity to perform better than other individuals...Come prepared to be challenged!!

MIND/BODY CLASSES

Essential Yoga

This Basic Yoga class focuses on the fundamental postures of a well rounded yoga practice.

Mindful Yoga

This Gentle Yoga class provides participants with a relaxed and restorative practice

Pilates Mat

The Pilates Mat class is a system of exercise that emphasizes strengthening of the Powerhouse region: abdominals, back, hips, inner/outer thighs, and buttocks. The class focuses on toning the body, stretching, and lengthening muscles. Men and women will experience improved posture, flexibility, long toned muscle, better balance and coordination and lots of new found energy! Please bring your own padded exercise mat to class.

Get on the Ball

Fun, challenging, and effective exercises for both men and women using the stability ball! Use of the stability ball strengthens the deep core abdominals, back, hips, thighs and buttocks and enhances muscle tone and mental concentration. Benefits are enhanced muscle tone and flexibility, better posture, and coordination. The unstable surface of the ball recruits the core muscles to maintain balance making the workout on the ball more effective than working out on the floor. Bring a padded exercise mat to class. Stability balls are available in class.

Core Fusion

This class includes a system of exercises that emphasize the strengthening of the core region of your body, fluidity of movement, muscle control and strength. Reach new levels in your body and create a deep, complete level of fitness and energy. Develop long, lean, toned muscles. Improve range of motion, flexibility, breathing and posture. Lower stress and increase relaxation. Please bring a padded exercise mat to class.

Core Fusion Challenge

Take your Core Fusion participation to the next level!! This more intense and challenging class is for those participants that have already experienced the benefits of Core Fusion and would like to be challenged to the next level of fitness. Core Fusion Challenge combines Pilates and Yoga power fitness routines to provide maximum core strength balance and flexibility. Class is ideal for men and women looking for a challenging workout with emphasis on abdominals, back, hips, inner/outer thighs, and buttocks. Bring your own padded exercise mat to class.

For More Information Contact Kim Bogia at kbogia@hachealthclub.com