

# Group Fitness LAND CLASS Descriptions

**AGELESS GRACE** A cutting-edge, brain-fitness program based on activating all 5 functions of the brain – strategic planning, memory/recall, analytical thinking, creativity and imagination, kinesthetic learning – and 21 physical skills needed for lifelong optimal function. Exercises are completed in a chair with simple to follow patterns.

**BODY SCULPT** Total body weight training concentrating on exercises to improve strength and endurance “head-to-toe”.

**COMPLETE CORE** A core-focused workout that includes complementary exercises and some cardio-based movements for a full body workout. Multiple styles of equipment are used during class.

**DANCE BLAST** Incorporates a variety of dance movements to enhance fitness; focus is on cardiovascular fitness, building lean muscle strength, and fun in this cardio-based workout. The non-dancer and experienced dancer can enjoy this class.

**CARDIO DANCE BLAST** A high-energy, higher intensity Dance Blast targeting strength and cardiovascular exercises. Flexibility exercises are completed at the end of class.

**H.I.I.T./BOOT CAMP/TOTAL BODY FUSION** High intensity interval training incorporating body-weight exercises, strength equipment, exercise balls, running, plyometrics, sports drills, core work and more. Designed for those who want to challenge their overall fitness condition.

**JOY OF STRETCHING** This class incorporates relaxing and healing stretches that promotes pain reduction and muscle health. Simultaneously, participants build community, which contributes to the overall joy of stretching.

**LES MILLS BODY BALANCE™** A musically-infused class incorporating a flow of yoga poses, elements of Tai Chi, the strength of Pilates and the benefits of stretching. Strengthens entire body and provides a calm and centered result.

**LES MILLS BODY PUMP™** A total body barbell workout that uses repetitions of strength movements to increase strength and definition. Instructors coach lifting techniques while pumping out encouragement and great music.

**LES MILLS CORE™** A workout focused on building stability and endurance in the muscles that support the core. Improves balance, assists in injury prevention and creates balance within the body.

**NIA TECHNIQUE** A sensory-based movement practice drawing from self-expression, martial, dance and healing arts. It promotes mindfulness, giving participants a dynamic cardiovascular workout for the total body.

**PARKINSON'S BIG GRAD GROUP** For individuals who have completed the LSVT Big program, this class incorporates the 7 maximum daily exercises learned in the program. Exercises emphasize high effort and large amplitude whole body movements to improve gait, speed and balance.

**SEATED DANCE BLAST** This low impact chair workout involves safe dance movements for the upper and lower body for any participant who wants to enjoy movement to music. Appropriate for wheelchair participants.

**STRETCH AND CORE** Add more movement and flexibility with upper and lower body stretching and integrated fitness techniques to help core strength.

**TRX** A suspension training method. Gravity and bodyweight are leveraged in multiple ways to develop strength, balance, flexibility and core stability simultaneously. TRX Basics should be completed prior to enrolling into a TRX class.

**YOUNG AT HEART** Experience a low impact workout, using a variety of exercises, to improve strength, cardio, balance and flexibility. Some floor exercises on the mat for core are also incorporated. A great full body workout!

**ZUMBA®** A fitness program combining Latin and international music with dance moves. Routines incorporate interval training — alternating fast and slow rhythms. Focus is on toning, building lean muscle strength and a cardio workout. Instructors use nonverbal cues to show, rather than tell, participants how to feel empowered through motivational music.