

FITNESS CLASS DESCRIPTIONS

The Suburban Fitness Class Program offers a variety of classes to keep you moving. Always work at your own level of comfort. **If you are a first time participant, pregnant or have any limitations or special needs, please let the instructor know before class begins.** Regular classes are free to Full Fitness and Full Club members. Non-members may attend regular classes for \$10.00 (\$7.00 for guest accompanied by a member). Fitness Class punch cards are available for non-members; \$65 for 10 classes. Kids 10 and up are welcome to participate with a parent in any of the general classes. Specialty classes are offered to members at a reduced rate and require pre-registration.

CLASS DESCRIPTIONS

AQUA AEROBICS: This class offers an excellent toning and aerobic workout for non-swimmer and swimmers alike. It is a great class for those with arthritic joints or structural limitations. Also great for prenatal/postnatal women or anyone recovering from injuries. Float belts are available for deep water exercises. **Beginner/Gentle.**

BODY HEAT: Get ready to sweat! This floor aerobics class combines easy to follow combinations with an awesome soundtrack sure to have you movin' and groovin'. Not "dancy," but a definite cardiovascular challenge. The 55-min. class is a higher-intensity option which includes a strength training segment. The 45-min. class is lower impact and focuses on cardiovascular endurance. **Beginner to Advanced.**

CARDIO JAM: A fun cardio workout with high and low impact floorwork (marches, grapevines, etc.) so you can choose your level of exertion. All classes include a brief warm-up and 30-40 minutes of cardio, followed by toning and stretching. **Beginner to Advanced.**

CORE STRENGTH: The key to a healthy back is a strong, flexible core! This class will use a variety of equipment and core exercises including Pilates, the stability ball, weights, bands and more to help build a strong, supple core. Tone that troublesome mid-section while building strength to function better, live better and feel better! **Beginner to Advanced.**

FLEX APPEAL (Strength Training/Yoga): "Flex"...as in "flexing" muscles and increasing "flexibility." This class incorporates awesome strength training exercises, followed by a rejuvenating stretch incorporating yoga and various stretching techniques. So...come and flex, then stretch, to create lean muscles and increased flexibility. **Beginner to Advanced.**

KICKBOXING: Pump up the cardio and pump up the fun in this fast-paced cardio class! Low impact kicking and punching combinations work the upper and lower body, while really challenging the core. **Beginner to Advanced.**

BOOT CAMP: Are you ready for this? Challenge your fitness level with plyometrics, cardio challenges, push ups, strength training, core kickers and more! Once it was just for the guys, now everybody's welcome. **Beginner to Advanced.**

STEP INTERVAL: This class combines basic step with segments of strength training using weights, squats, lunges and pushups. A great calorie-burning workout that's easy to follow. No fancy footwork—suitable for everyone. The step is adjustable or can be eliminated for those who prefer floor work. **Beginner to Advanced.**

STEP WITH A BIT TO BOOT: This class starts with a solid step routine and then kicks it up a notch with boot camp drills and body weighted exercises for total-body workout you'll be feeling for a few days! **Beginner to Advanced.**

YOGA: Yoga is an ancient form of exercise that incorporates asanas, or poses, along with breathwork and relaxation to strengthen, tone, energize and align the body. Learn to connect body and mind, build strength, release tension and improve flexibility. **See schedule for class levels.**