

## 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 (\$6.50 for guest accompanied by a member). Fitness Class punch cards are available for non-members; \$70 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 BOOGIE:** Get ready to sweat! This high-intensity floor aerobics class combines easy to follow combinations with an awesome soundtrack sure to have you movin' and groovin'. Not "dancy," but a definite challenge, including the final toning segment. Don't miss this high-energy class! **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 CONDITIONING:** 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.**

**DRUMS ALIVE:** This class involves a core stability ball and a pair of drum sticks! Participants drum on the ball while performing aerobic-style choreography routines to upbeat music. Class also includes a strength training segment with weights, abdominal training and stretching. Drums Alive is a great way for men and women to burn calories, tone and work out some aggression! **Beginner to Advanced.**

**FLEX APPEAL:** "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. --*Newly expanded to 1-hour format!* **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.**

**PILATES:** Tone and firm the body through resistance-based stretching exercises, designed to create long, lean muscles. Performed on mats, the Pilates method safely isolates and strengthens muscles without joint stress. **Intermediate to Advanced.**

**POWER STRENGTH:** Looking to improve your lean body mass? Here's the class to help you! Designed for men and women, you'll learn how to most effectively build muscle, improve flexibility, increase bone density, improve balance and enhance athletic performance. **Beginner to Advanced.**

**RETRO HI/LO:** Get back to the origins of aerobics with this Retro Hi-Lo workout. We will combine traditional hi-lo choreography with flavors and flairs of the dance world. This workout will layer intensity and complexity. You won't want to miss this one! **Beginner to Advanced.**

**STEP:** A cardio workout using a step with adjustable height to fit your level of fitness. Great for burning calories and toning the lower body. You may also choose to follow the instructor on the floor without the step for an effective low-impact workout. **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.**