

GROUP ACTIVITY DESCRIPTIONS *Extra fee

*** POWER SCULPT Jonna**

Core*Conditioning *Resistance* Challenge

Class incorporates cardio drills and calisthenics, with emphasis on strengthening the core. Great for sports cross training

***POWER/PUMP/SCULPT-Chris/Mindy**

Getting the benefits of a personal trainer (but in a class setting) strengthening all muscle groups. A great total body workout and the results are fabulous!!

BENCH BLAST: Mindy/Chris

An hour of fast paced, multi transitional moves, and intense workout for the elite athlete.

CARDIO BLAST: Chris/Mindy

A class combined with dance and aerobics moves to keep the heart pumping and the calories burning off! Anyone from a beginner to the most advanced can get a great workout.

***ZUMBA Alia Berg**

Zumba is a dance-fitness class that incorporates Latin and international rhythms and dance movements, which create a dynamic, exciting effective fitness system. This class combines fast and slow rhythms that tone and sculpt the body in an aerobic fashion to achieve a unique blended balance of cardio and muscle toning benefits. The movements are easy to follow steps that include body sculpting, which targets areas such as gluteus, legs, arms, core abdominals and most important, THE HEART.

***MAT PILATES-Cheryl**

Energize your mind and body as you flatten your abs, increase your flexibility, improve your posture, decrease aches and pains and develop long and lean muscles. The Power Pilates Method will change your body from the core, from the inside out.

CORE STRENGTHENING-Sharon

This class will improve your posture, strengthen your core, and increase your muscle tone. The class incorporates free weights, bands, and stretching to sculpt and tone arms, belly, gluteus, and thighs.

BASIC STEP- Ashley

STRENGTH AND STRETCH YOGA-Jackie

***BOOT CAMP-Dion**

A dynamic motivational

60 minute class that is a combination of aerobic exercise and resistance training. This program is customized to meet your individual needs with emphasis placed on exercising safely and completing the challenge. Natural outdoor props are utilized to enhance and maximize your workouts

20/20/20 Alia Berg

Is a special Cardio/Toning/Strength fitness combo-class set in 20 minute segments. Come early to burn a minimum of 600 calories or drop in when ready to warm up for your game! Alia Berg has created this special method of exercise for our club athletes, its members and guests with special breathing, movement and stress relief techniques to improve your game or just help you feel more confident throughout the day!!