



**RECREATION
CENTER**

FITNESS CLASS DESCRIPTIONS

FITNESS ADULT	DESCRIPTION	INTENSITY	IMPACT
BARRE	Full body sculpting using the ballet barre and small, isometric, concentrated movements.	Medium/High	Medium
METABOLIC RESISTANCE TRAINING	What is MRT Metabolic Resistance Training? It's a concept that involves using different combination of training systems that include super set, cardio, plyo, speed, low rest, compound movements in a workout to maximize caloric expenditures and increase metabolic rate. MRT is blending together cardio and weight training into one workout and benefiting from both systems. Metabolic rate is the speed in which your body burns calories in 24 hour. EPOC (excess post exercise oxygen consumption). Meaning that extra oxygen has been consumed during strenuous activity and the body recovers by elevating consumption of fuel. In response to exercise; fat stores are broken down and used as fuel. The body starts to stabilize back to normal. Metabolic training Creates a large post workout calorie usage called "afterburn" that last 36 hours after completing your workout.	Medium/High	Medium
CYCLE	The ultimate workout for athletes as well to the beginner looking to get in the best shape of their lives. Be ready to climb mountains and speed through intervals while listening to good music. You will want water and towel for this one for sure!	Medium/High	Low
FITNESS 101	New to the rec and need some workout or nutrition tips? Or just looking for a weekly workout you can do on our fitness floor? A new program to give you a weekly plan for attacking upper body, lower body, core, and cardio.	Medium	Low
HIGH FITNESS	It is a hardcore fun fitness class that incorporates interval training with music you love, an intense easy to follow fitness choreography.	Medium/High	Medium/ High
INSANITY	Welcome to max interval training. You work as hard as you can for 3 min intervals, with 30 second periods of rest in-between. The result: burn up to 1,000 calories in an hour!	Medium/High	Medium/ High
KICK IT!	A high energy martial arts inspired workout that is totally non-contact. Jab left and right, cross punch your arch enemy, and kick your way to the results you are looking for!	Medium/High	Medium/ High
P90X	Using elements from P90X, P90X2, and P90X3 sculpt your body using upper and lower resistance-training blocks, a block that focuses on the core, and a cardio block.	Medium/High	Medium/ High
PILATES	Pilates is a great core workout for beginners and advanced alike. This program hones in on the torso and sling muscles that connect your upper and lower body. It's ideal for tightening your tummy and gluts, as well as improving functional strength and assisting injury prevention.	Medium/High	Low
PILOXING	Blend power, speed, and agility of boxing with the targeted sculpting and flexibility of Pilates. Add to that dance moves and you have a muscle- toning, fat-burning workout that will make you feel physically empowered!	Medium/High	Low
PIYO	Pilates and yoga that burns calories while transforming the body. Relax & Stretch? No thanks, we'd rather burn.	Medium/High	Low
RIP	Looking for the chiseled and toning effect? This class uses free weights, resistance bands, barbells, steps, body weight, and plyometrics to tone and tighten everywhere. Make sure you check out our app for more detailed descriptions on what you can expect from the instructor!	Medium/High	Medium
R.I.P.P.E.D.	The format for this 50 minute class is hailed as R.I.P.P.E.D. R.I.P.P.E.D is an acronym, each letter stands for a 5-10 minutes section. Each of the 5 section has its own pumping music exclusive to that section. These fun sections focus on strength and cardio interval training. This is an intense class, however there are many modifications to fit ANY skill level: Resistance: Upper body resistance using free weights. Intervals: Interval training and footwork designed to spike heart rate in intervals. Power: Free weights, focusing on power muscles: back, quads, and glutes. Plyometrics: Athletic section involving optional jumping and plyometrics. Endurance: Intense kickboxing section. Diet: Eating clean to support active lifestyle--not part of the workout. All you need are free weights a mat and your body!	Low/Medium	Medium/ High

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ADULT				
SILVER SNEAKERS		Muscular strength, balance, and range of motion for seniors, or those recovering from injury. Use a chair to ease yourself into regular classes and improve your health!	Low	Low
U-JAM		Love Hip Hop? This one is a must! U-Jam is a high energy dance fitness class that takes dances from all over the world and mixes it with urban, hip hop flavor.	Medium/High	Low/Medium
YOGA		Can you remember the last time you focused on your breathing and relaxation? Ease the stress of your day by using dynamic breathing and strong flowing movements for greater strength, flexibility, and range of motion. Make sure you check out our app for more detailed descriptions on what you can expect from the instructor!	Low/Medium	Low
ZUMBA		Did anyone say party? Dance to great music, with great people and burn calories without even realizing it. Zumba is a Latin-American dance class with creative patterns and fresh music. Like dance? This is a must!	Medium/High	Low/Medium
FITNESS YOUTH				
ZUMBA (AGES 4-14)		Bust a ridiculous dance move in front of your friends or watch TV on the couch? We think there is an obvious answer here. Come bust a move with kid friendly Zumba routines. We break down the steps, add games, activities, and cultural exploration.	Medium/High	Low
YOGA (AGES 4-14)		Practice fun and challenging poses, learn how to focus and center your energy, and breathe like you never have before. Come join the fun!	Medium/High	Low
AQUA ADULT				
AQUA ZUMBA		Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Benefits. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.	Medium	Low
AQUA NINJAS		This fast paced workout is designed to be a step higher than the average water aerobics class. This class will challenge your movements and work your cardiovascular system while increasing strength, balance, power and range of motion. This class combines segments of cardio and strength training using training intervals. Flotation equipment provided. Non-swimmers welcome however must be comfortable in deep water.	Medium	Low
DEEP WATER CHALLENGE		This high-intensity class is designed for those who wish to obtain a full cardiovascular workout, while using the natural resistance of the water to help increase strength, power, flexibility, endurance and range of motion. Suspension in deep water helps create a challenging aerobic interval workout using adaptations of jogging, cross country skiing, bicycling, and kicking exercises. Flotation equipment provided. Non-swimmers welcome however must be comfortable in deep water.	Medium	Low
SENIOR WATER AEROBICS		This class provides a low-intensity, low-impact workout with a number of different movements aimed at increasing flexibility, balance, strength and cardiovascular fitness. The class also utilizes barbells, buoyancy equipment and resistance equipment for a rewarding aerobic workout. An excellent class for older adults and beginners. Non-swimmers welcome!	Medium/High	Medium
SHALLOW WATER AEROBICS		This shallow water workout includes calisthenics style movements with variations of upper and lower body resistance moves. You will march, jog, kick, and jump your way through the water to improve and maintain cardiovascular fitness, muscular endurance and flexibility. As the participant, you determine your own intensity by deciding how hard to manipulate the water. The class also utilizes barbells, buoyancy equipment and resistance equipment for a rewarding aerobic workout. Non-swimmers welcome!	Medium	Low