

# CLASS DESCRIPTIONS

## **30 Minute Meltdown**

An intense 30 minute cardio and resistance circuit that will turn up your metabolic heat and help you break through a plateau or just mix up your routine!

## **Core Express**

Stand taller, look leaner! Perform 15 minutes of focused abdominal and back exercises aimed at strengthening muscles which serve to properly align and support the spine.

## **Cycle X-Training**

Cardio, strength training, and more in an efficient hour! A promised 1/2 hour of indoor cycling followed by... guess you'll have to come and see for yourself!

## **Studio Ride**

An intense 45-minute workout that will challenge you physically and add a new dimension to your workout. All fitness levels are welcome!

\*\*Classes are first come first serve so get here early to reserve your spot!

## **Group Lift**

Learn to improve weight training form and technique. Muscular strength and endurance training performed in a group exercise format. Beginners will experience a rapid increase in strength, while the experienced participant will discover a fun and challenging way to improve and maintain muscular endurance.

## **Shred Circuit**

Shred Circuit is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before you go back to your work day. Modifications for all fitness levels are provided.

## **Zumba**

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Achieve long-term benefits while experiencing an absolute blast in 40 minutes of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

## **SILVER&FIT<sup>®</sup>** EXCEL

**Silver&Fit<sup>®</sup> Excel** is for very active older adults who regularly exercise three or more days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, power, and cardiovascular endurance. (60 minutes)

## **SilverSneakers<sup>®</sup> - Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

## **Classically Fit**

Enjoy this social and challenging class that will increase balance, strength and flexibility for the over 50 population. All fitness levels will benefit from rotating exercises using dumbbells, bands, and the best tool of all, your body!

## **Yoga for The People**

A challenging class, open to yogis of all levels. Whether you are trying your first yoga class or looking to challenge your current practice, you won't be disappointed. This class focuses on strength, balance, and flexibility to improve the lives of "everyday people!"

## **Yoga Sculpt**

Build long, lean muscle and core strength with total body toning exercises, and yoga inspired movements. This class will help students to not only strengthen and sculpt their bodies but to also cultivate a sense of inner strength and overall well being.

## **Pilates (\$)**

Achieve profound results as you learn the multi-muscle exercise technique developed and introduced by Joseph Hubertus Pilates over 90 years ago. Increase your flexibility, core strength, balance, concentration and control in order to optimize your level of physical fitness.

(Note: Quarterly Workshop required for new participants in Pilates with our instructor Britt Schanel. Sign up at service desk.)

***For questions or concerns about group fitness  
Contact: [Mirion@WestSideAthleticClub.com](mailto:Mirion@WestSideAthleticClub.com)***