

# Great Bay Group Exercise Class Descriptions

**BARRE** is a ballet-based workout to promote long lean, muscles, help build better balance and improved posture by mixing elements of dance, Pilates and Yoga.

**BALANCE BANDS & BALLS** will focus on Balance and Strength using stability balls, resistance bands and body weight

**PILATES** strengthen and tone your body through a series of rhythmic exercises that all originate from your core to improve your posture and flexibility.

**YOGA** is moving your body into various positions in order to become more fit or flexible, to improve your breathing to relax your mind. **VINYASA** is a light flowing series of postures. **GENTLE** calming restorative postures that are held for a time to allow the body to relax and rejuvenate.

**BODYPUMP™** barbell class that strengthens your entire body using various moves targeting each body part. Choose your weight and go at your pace.

**BODYSTEP™** uses a height-adjustable step to perform simple movements on, over and around. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**CARDIO/ SCULPT** is easy to follow low impact cardio and toning exercises with a series of Yoga like stretches to finish.

**ZUMBA** fuses Latin rhythms and easy to follow moves to create a dynamic fitness program while having a blast.

**CLUB DANCE** Fun and easy routines to great music. Let loose and have a blast.

**POUND** a heart pounding cardio workout using light weighted drumsticks (provided) and upbeat music.

**RPM™** is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

**RPM EXPRESS** is a 30-minute-high intensity ride to develop speed, strength & aerobic energy.

**RPM EXPRESS & CORE** 30-minute ride adding a core workout to round out this energizing class.

**SPIN** is a freestyle cycle class that will take you through a musical journey through steep hills, killer flats, rolling hills, sprints and much more!

**CLASSIC STEP COMBO** is the original fun, creative, freestyle cardio class incorporating moves on and around a raised platform mixed with kickboxing and low impact moves rounding out this class with toning exercises.

**KICKBOXING** combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

**BOOT CAMP** Get ready to step things up a bit with a strength and cardio blast! Work upper and lower body with a series of stations designed to tone it all!

**CARDIO BOOTCAMP** A freestyle cardio class on various cardio machines. Participants will perform intervals of varying degrees of intensity on various cardio machines to instructor's instruction and encouragement.

**SILVER STRENGTH** a low impact interval class incorporating light cardio moves and toning exercises using light weights and resistance bands.