

CLASS DESCRIPTIONS:

Buti®: *Buti® is a dynamic combination of Yoga, tribal dance, and deep corework fused with primal movement. One of a kind!*

Butts & Guts: *Class designed to target the waistline, thighs and glutes.*

CardioKick: *A high-intensity cardio class that combines several styles into one so you can maximize your fitness potential.*

Core30: *A high-intensity 30 min core class designed to target waistlines.*

Gentle Flow: *Looking for a way to gently strengthen your body, lengthen muscles and relax your mind?*

Yoga improves your overall conditioning, helps prevent injuries, and reduce stress. All levels welcome.

Floor Flow: *Flowing seated postures where each breath is coordinated with movement. Practice balances the nervous system.*

Gentle on wrists and arms. Class uses a variety of seated and reclined postures. All levels welcome.

Flow Yoga: *A lively Vinyasa flow Yoga class that builds strength and stability. For experienced beginners to seasoned practitioners.*

H.I.C.T.: *“High-Intensity Circuit Training” tones and firms your body!*

LINE DANCING: *Learn dance styles as you tone your body. It's FUN!*

Meditation: *30-minute class uses meditation to help you keep focused on becoming more healthy and balanced. No experience necessary.*

Please arrive on time since door is locked during class and opens at 7:30am.

Pilates: *This class uses the most effective Pilates exercises to tone your body, and strengthen your core. A great complement to a cardio regime.*

PiYo: *Love yoga and Pilates? This is the perfect blend of modalities! Fun!*

Pump: *Based on various weightlifting principles, this class uses a combo of barbells, hand-held weights and props to sculpt lean muscle, strengthen the body and provide all-over conditioning. Open to all abilities.*

Restorative Yoga: *A very gentle and quiet yoga class that restores the mind, body, and spirit. Bring your own bolster/cushion. Open to all levels.*

R.I.P. *This popular class uses weights and incorporates orthopedic strength training to tone and strengthen your body. All fitness levels welcome.*

Spin: *A well-paced group cycling class using stationary bikes in a classroom setting. Focuses on fundamentals, cardio health & overall fitness!*

Spin 30/30: *30 minutes of spinning is combined with 30 mins of weights and conditioning. Class starts with spin and moves to the weight room.*

Spin Pump: *An interval-style combination class focuses on conditioning exercises and cardio training on stationary bikes. Pounds melt away!*

Step n' Tone: *All levels class alternates traditional step combos with sculpting exercises using hand-held weights. Result is a high-energy cardio that's easier on the knees. Eliminate the step and do the routine on the floor.*

Strong By Zumba®: *High-intensity interval training workout - not your traditional Zumba class as it includes more muscle conditioning exercises, such as squats, lunges, planks, etc. Use your body weight as resistance to achieve muscle definition, improve muscular endurance and tone.*

Super Step: *A popular, fast-paced, high-energy step class with all the benefits of a typical step class, but with more choreographed routines. Beginners welcome but encouraged to start on floor without a step.*

SloYinFiz : *Flow into a Yin pose. This hybrid class combines Flow Yoga and Yin Yoga into one. Standing and seated postures combined. All levels.*

Yin Yoga: *Class focuses on the body's connective tissue, and is the perfect complement to other forms of exercise like weightlifting, running and cycling. The entire class is conducted on the floor and inspire wellness.*

Yoga as Medicine: *Think of this class as moving physical therapy! Specific sequences are used to promote spinal health and improve joint function. Entire class is conducted on the floor. Great for golfers, cyclists, runners, or those suffering from conditions like arthritis, chronic back pain or hip issues. Reduces stress and promotes physical and emotional healing. All levels.*

Zumba®: *Get moving and have a blast! Fuse fitness and fun into a dance-fitness class! It's so much fun; you won't even know your working out! Dance to the upbeat world rhythms with easy-to-follow choreography for a total body workout that feels like a celebration. All levels welcome.*

If you have a suggestion, question or comment about the group fitness program at American Fitness, please contact our Fitness Coordinator, Maura Utley at maurhealthy@gmail.com