

SSC Great Bay Group Exercise Class Descriptions

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

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

PILATES Strengthen and tone as you are taken through a series of rhythmic exercises that all originate from your core. You'll improve your posture and flexibility through this energizing class.

YOGA is a workout that will improve strength, flexibility and balance (**Gentle**-is for anyone with any level of yoga experience. Slow stretches and movements are guided; connecting breath with body and spirit through use of essential oil application and sprays (by discretion). **Flow**-more movement through various poses and series of stretches).

BODYPUMP™ is the original barbell class that strengthens your entire body using various moves targeting each body part. Chose your weight and go at your pace.

CXWORX™ Express is a 15 minute program that works your core. It's ideal for tightening your abs and butt while improving functional strength.

KETTLEBELL uses cast iron balls with handles to perform exercises that combines strength, cardio and flexibility training.

STRENGTH TRAINING 45 min. Class with varied approaches used to strengthen major lower body, upper body and core muscles. Challenge yourself each week with the use of free weights, bands, bars and balls.

WOMEN & WEIGHTS is a beginner weight training class for women.

BODYSTEP™ uses a height-adjustable step that uses simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. 45-55 Minutes.

Cardio Kickboxing is a mix of martial arts with boxing and kickboxing moves done to upbeat music. Great for all levels.

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! Big time calorie burn and challenging exercises will bring your fitness to the next level.

H.E.A.T. High Energy Athletic Training! A circuit style class that will focus on unique and beneficial exercises that will make you feel your muscles burn right from the start. Various training modes and equipment will be used. Done on turf field.

Low & Go 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.

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.

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!

Health Choices. A healthy lifestyle leaves you fit, energetic and at reduced risk for disease, based on the choices you make about your daily habits. Topics such as good nutrition, daily exercise and adequate sleep are the foundations for this class!