

CLASS DESCRIPTIONS:

Ashtanga Yoga

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.

CardioPump: A high-intensity cardio class that combines several styles and weight into one so you can maximize your 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, great for beginners and advanced students.

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!

Mat Fusion: Class combines the best from Pilates, dance, cardio, light weight training for a full body workout. Full range of motion and isolated movements to achieve results.

Meditation/Yoga Nidra: 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.

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

Pump it up: 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. Its like weightlifting to music, 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 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.

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

Yin Yoga/Morning Yin: Yin classes focus 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 24/7, please contact our Fitness Coordinator, Maura Utley at maurhealthy@gmail.com

AF24-7 Group Fitness classes are all-inclusive and part of your monthly membership to American Fitness. (Classes offered through D&D fitness are sold separately.) See front desk for details. Please sign in upon entering each class. Water bottles are encouraged and equipment is supplied (unless noted). All fitness levels are welcome to participate. Our experienced instructors teach to all levels and offer modifications in all classes. If you have a physical challenge or you are recovering from an injury, it's best to make your instructor aware before class starts. Always check with your physician before beginning any exercise regime.