



## **Class Descriptions for Group Fitness QW**

Revised Jan 6<sup>th</sup>, 2025

### **Gentle Fit**

A class for those looking to workout at a slower pace. A variety of cardio and strength movements are offered with modifications where necessary for anyone with joint issues or other limitations.

### **Fit 4 All**

Taking Gentle fit to the next level. A higher intensity version of strength and cardio exercises will give participants a boost in their fitness journey. All fitness levels are welcome, as long as you are ready to exercise.

### **In Motion**

A class for those looking to workout at a slower pace. A variety of cardio and strength movements are offered with modifications where necessary for anyone with joint issues or other limitations.

### **Bootcamp**

A high intensity class that is designed to push your limits, building speed and increasing muscular strength and endurance. The ultimate challenge for a total body workout.

## **Simply Strength**

This weight training class aims to strengthen, tone, and define every in your body. Dumbbells, bands, and other equipment will be used to create a full body workout suitable for all fitness levels.

## **Cycle Fit**

The ultimate low impact workout to increase your cardiovascular health and endurance. This class offers a variety of intervals and drills, using upbeat music to keep participants motivated the entire time.

## **Total Body Blast**

Are you ready for a total body workout? This class will combine cardio and resistance while integrating balance and core. Challenge yourself with dynamic endurance training and finish off with flexibility.

## **TRX Circuit**

A fun circuit using suspension training straps for a full body workout. This type of training uses your body as a lever and is a great switch up to your usual routine.

## **Rig Training**

A fast-paced class that takes place in our main conditioning room on our turf. Using all kinds of equipment, rower, air bike, battle ropes, TRX, kettlebells etc.

## **RIP**

RIP is a 45-minute barbell class for men and women of all fitness levels. It is choreographed strength training that gets results! It challenges all your major muscle groups as you squat, press, lift and curl

## **Core**

Do you often hear the phrase “engage your core!” but don’t know how to? This class will teach you how to do that, by going through movements and exercises using body weight and other equipment. A strong core can help with low back pain. A strong core can help in everyday life!

## **Zumba**

Burn those calories by dancing them away. No experience needed, this class offers a variety of dance styles and will help increase cardiovascular health with low impact moves.

## **Mobility**

Mobility is life! Let’s work on your range of motion within your joints, that will help aid in everyday activities while improving balance and flexibility.

## **Foam Roller**

Sore or stiff? Come roll it out with a foam roller! Enjoy a 30-minute class to increasing your flexibility, take away knots and reduce muscle soreness.

## **Yoga**

This is a traditional yoga practice. The focus of this class is increasing flexibility and calming the mind with poses suitable for all levels of experience.

## **Hatha Yoga**

Hatha Yoga is great for increasing strength while also improving flexibility and circulation through the body. It also helps to calm a stressful mind. This class is geared towards motivated beginners and more experienced yoga practitioners because of its intermediate to advanced poses. However, variations and options are given to suit different fitness levels.

## **Yin Yoga**

Passive floor poses that you relax into. Poses are held for 1-5 minutes. As we age, flexibility in the joints decreases. A regular Yin practice helps with joint circulation, flexibility & tension/stress relief. Suitable for all levels.

## **Meditation**

Mindfulness meditation is a mental training practice that involves being fully present in the moment, without judgment. The goal is to observe what you're sensing and feeling, and to accept your thoughts and feelings. Mindfulness meditation can help reduce stress and anxiety.