

## **FITNESS CLASS DESCRIPTIONS**

Fitness Classes must consistently have 5 or more participants to remain on the schedule.

Instructors/Classes are subject to change.

All classes are not offered every session.

Please See Fitness Schedule for current offerings

**MUST BE 16 YEARS OR OLDER TO PARTICIPATE IN AN ADULT CLASS**

*For questions regarding these classes, call Kelly Schweighardt,*

*Director of Fitness and Wellness at 973-267-0704 x28.*

### **Adult Jujitsu**

Based on self defense, Jujitsu incorporates physical and mental training within a philosophy of ethical and moral development.

Fridays 6:00 pm, 10 week session, \$160.00 Registration is required.\*

### **Adult Tae Kwon Do**

A fast and powerful style of martial arts. Focuses on individual feats and fosters control/discipline in a friendly atmosphere. It is non-contact class that allows for a variety of skill levels and ages.

Tuesdays & Thursdays 7:30 - 9:00 pm, 12 weeks, \$160.00 Registration is required.\*

*\* TKD and Jujitsu are adult classes, but members 13+ may register for the class with the permission of the instructor and the Director of Fitness.*

### **Arthritis Foundation Exercise Program /Tai Chi for Arthritis**

This course is designed to help participants increase joint flexibility and increase range of motion. With the guidance of a certified Arthritis Foundation instructor, you will learn exercises to maintain muscle strength and increase overall stamina

### **Ballet Bar Toning**

This class is sure to get you in shape! After about 10 lessons your legs will look longer, your seat will lift, your abdominals will pull themselves further back under the rib cage, and your shoulders, arms and chest will become lean and defined. You will also burn away fat while using the ballet bars to keep you feeling challenged throughout the class.

### **Ballet Bar Fusion**

Combines energizing Ballet Bar Toning techniques and dance techniques in a full body workout designed to stretch, sculpt, lengthen, and tone muscles. Modifications are offered for all fitness levels.

### **Belly Dance/Tone**

Belly dancing is a unique way to get in shape. A single belly dance session works hundreds of muscles, burns calories and helps students to de-stress.

### **Body Sculpt/Cardio Sculpt/ Cardio Bootcamp**

An all around cardio workout using your own body as resistance. Traditional body sculpting methods with free weights, balls, and bands. This class is rounded out with some floor and core work.

### **Boot Camp/Early AM Boot Camp\***

This class uses our Personal Trainers' expertise to create an overall workout in a Boot Camp format.

*\*See front desk for Early AM Boot Camp sign up*

### **Chi Gong**

A form of Tai Chi, this moving combination of both Yoga and meditation consists of a series of postures that are derived from a martial arts discipline, but are designed to mimic nature. Chi Gong aims to foster a calm and tranquil mind and helps improve balance, alignment, fine scale motor control and rhythm of movement.

### **Circuit Training\***

Enjoy the benefits of strength training, cardiovascular training, step aerobics, and circuit training in a high-paced, fun class sure to get you out of your comfort zone.

*\*All Circuit Classes have a \$30 fee for the session.*

### **Easy Flow Yoga**

A 45-minute, lunchtime yoga class that features a gentle flow to help increase flexibility and build-up or maintain a regular yoga practice.

### **Forever Fit**

A class designed for those with musculoskeletal/joint problems who wish to increase their flexibility, balance, and strength. This class will involve weight training, stretching and Pilates type movements.

### **Hip Hop Hustle**

For decades everyone has loved "the hustle." This class takes the fun factor up a notch with super hot moves that will have everyone wanting more!

### **Hoop Dancing**

Get a new spin on exercise with hoop dancing. Hoop dancing is performed with over-sized, weighted hula hoops, making it easier to control. This upbeat aerobic workout will strengthen your core, tone your body and increase your balance and flexibility.

### **Kickboxing/Boxing**

This fun-packed class incorporates the stimulating moves of a boxer in the ring and the cardiovascular challenges of a high intensity workout. A terrific way to get into shape! Some classes incorporate heavy bag & gloves.

*\*some classes incorporate heavy bag and gloves*

### **TurboKick/Tone**

This quick paced, high energy kickboxing class designed to improve cardiovascular endurance while strengthening and toning the entire body.

### **Low Impact**

An aerobics class using basic dance choreography. This class will also incorporate strength training and stretching.

### **Meditate Your Stress Away**

Restore a healthy, positive mind/body balance, while focusing on relaxing the entire body.

### **Mini Trampoline Aerobics**

Hot, Hot, Hot!! Try this wonderful way to exercise by using mini-trampolines. With lower jumping distance, this is a great workout for those who have knee injuries or cannot take the impact that traditional aerobics classes offer. It is a fantastic workout for ALL ages, suitable for all levels! Be prepared to sweat!

### **Nia**

A mind/body, spirit, barefoot, aerobics class. Nia is designed for ANY body. It is ageless and limitless, transformational and effective for every person everywhere, from athletes, dancers and fitness instructors to the elderly. With the philosophy, "Through Movement We Find Health", Nia addresses the whole person through music and movement integrated from nine traditional movements.

### **Pilates**

This class is based on the concepts of Joseph Pilates with the goal of strengthening the core muscles of the body (hips, abdomen and lower back muscles.) Discover the dancers' secret to creating a stronger and leaner look.

### **Power & Strength Training**

Strength training is an essential element of fitness for virtually every sports man and woman. Power & Strength Training can improve your explosive power, muscular endurance and strength with a well-structured strength routine.

### **Power Ball**

This class will help work your core and develop overall strength using resistance balls, bands, barbells and more! Upper and lower body exercises are included.

### **Power Yoga/Power Core Yoga**

Power Yoga is a general term used in the West to describe a vigorous, fitness-based approach to vinyasa style yoga with an emphasis on strength and flexibility.

### **PUMP IT**

The PUMP IT workout uses barbells with adjustable weights to work every major muscle group in the body. PUMP IT strengthens, tones, and defines like no other and is one of the fastest ways to get fit! *Space is limited to 19 per class*

## **R.I.P.P.E.D & T.O.N.E.D**

R.I.P.P.E.D. means resistance, interval, power, plyometrics, endurance, and diet. R.I.P.P.E.D. is the one stop body shock! This class will help you get ripped and toned because it is a total body workout that will sculpt your body from head to toe by using a variety of body weight and strength training exercises.

## **Rising Sun Yoga**

Looking for a great way to greet the day? Try this Hatha Yoga approach to stretching and strengthening your body with our early morning enthusiasts. This class is for all fitness levels and is a perfect way to get into good health.

## **Spinning**

One of the most time and cardio effective workouts ever devised. Emphasis is on proper cycling techniques. All fitness levels welcome. A towel and water bottle are mandatory for participation. Early arrival is encouraged as classes fill up quickly. Heart rate monitors are recommended.

## **Step and Sculpt/Step Challenge**

An aerobic program using traditional steps and risers (an oldie, but goodie.) Challenging for all ability levels.

## **Stress Management Yoga**

Bringing the mind, body and spirit together in a peaceful, calm yoga workout.

## **Total Body Conditioning**

This class uses our Instructor/Personal Trainers' expertise to create an overall workout in a Boot Camp format.

## **Vinyasa Yoga**

The word Vinyasa means "breath-synchronized movement." In Vinyasa, the teacher will guide you from one pose to the next, connecting breath and movement. This technique is sometimes called Vinyasa Flow or just Flow because of the smooth way that the poses are linked in a sequence.

## **Yoga**

A class for any level yogi that teaches you how to gently move from posture to posture and help you develop the stability and flexibility for more advanced yoga classes.

## **Yogalates**

A blend of Yoga and Pilates, Yogalates will help students gain strength and flexibility while working on building core strength. With the marriage of these two practices, students will benefit from this whole body, integrated approach.

## **Weight Training**

Want a no-nonsense approach to weight training with our expert group fitness instructor? Wayne will use a variety of weights and resistance exercises to tone and strengthen those looking for a back-to-basics class for getting in shape.

### **Zumba/Zumba Toning**

Zumba means: “to move fast and have fun!” This aerobic dance class is sure to make you sweat. It is a fusion of Latin and International music dance themes that create a dynamic, exciting, and effective fitness workout.

### **90- minute Yoga with Weights**

Yoga with weights integrates the mindful qualities and core ideals of yoga with the physical culture and science of bodybuilding.