

SQUASH & FITNESS CENTER

Group Exercise Class Descriptions ♦ January - March 2008

Group Exercise (GroupEx) is a great way to complement the solo gym workout. GroupEx classes ensure a great workout and fit your schedule. There's music, laughter, support – all the ingredients of an addictive good time while you do something nice for your body and mind.

The 30-minute workout is the hallmark of the GroupEx experience. In half an hour you train your entire body. For the time-pressured- and that includes almost everyone - it is a practical, effective, fun way to fit in fitness.

Tai Chi Chuh & Yoga classes are 55 minutes.

Bodyweight Training: The shortest, surest path to total physical fitness is through exercise that uses the entire body as the training instrument. Though called by many names over many centuries, bodyweight exercises have been passed down through the ages from the days when one's survival depended on being strong, being quick and having great stamina. Bodyweight exercise provides a great workout. The keys are engaging your entire body in every exercise, using every muscle in your body in coordinated motion, and challenging your limits with every movement. Suitable for all fitness levels.

Bootcamp: An intensive circuit of military, sports and calisthenics drills ranging from running and jumping jacks to push-ups, squats and crunches. Appeals to people who need to pack a hard workout into a quick half hour. Demanding calisthenics, strength training and cardio with no breaks are the keystone of this class aimed at getting participants in great condition. Great for those working to improve their strength and endurance. Suitable for intermediate to advanced fitness levels.

Core Conditioning: Effective training to strengthens abdominal and lower back regions and improve posture. In conjunction with Sports Conditioning and other cardio training, reduces ab fat, builds muscle. Suitable for all fitness levels.

Cross Training: Cross training conditions different muscle groups, improves skill, agility and balance, develops new sets of skills, and reduces boredom that creeps in after months of the same exercise routines. It varies stress placed on specific muscles and the cardiovascular system. After months of the same movements your body becomes extremely efficient performing those movements, and while that is great for competition, it limits the amount of overall fitness you possess and reduces the actual conditioning you get while training. Cross training is necessary to reduce the risk of injury from repetitive strain or overuse. "Cross Training" conditions the entire body, not just specific muscles, and involves several different forms of exercise for maintaining a high level of overall fitness. Cross Training may include running, jump rope, rowing, calisthenics (push ups and crunches and pull ups), free weights, resistance bands, flexibility, speed, agility, and balance drills, circuit training, sprinting, plyometrics and other forms of skill conditioning. Suitable for all fitness levels.

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Easy Rider Spin: This is perfect for those new to Spin or new to *fitness*. Its emphasis on form including seat height, handlebars setting, body positioning, pedal stroke, pace and having a good, safe time will ease you into the Spin experience. You will follow the general instructions of the Spin instructor, but you are in control when it comes to your pace. Students should make sure to let the instructor know about any injuries you have so s/he can help you modify some of the moves. Be sure to let your instructor know if you are having trouble with the resistance knob or the general technique. If the class is too intense, just pedal more slowly or take the tension down. Suitable for beginners.

Express Strength Conditioning: Use weights to build muscle and promote muscular endurance, flexibility and good posture. Efficient, timed, “no-breaks between sets,” total body strength training. Participant moves at his/her own pace. Goal is to improve performance in subsequent workouts. Suitable for all fitness levels.

Jump Rope: There is a false perception that only very fit people can jump rope. However, people of all shapes and sizes can and do. Jumping rope is effective, easy to learn and a lot of fun. By some accounts, jumping rope can burn up to 1,000 calories per hour. It tones the entire body; develops long, lean muscles in every major muscle group; optimizes cardiovascular conditioning; and improves athletic skills by combining agility, coordination, timing and endurance. This class is suitable for all fitness levels, and includes personal instruction to ensure proper form and sufficient breaks to make certain all may participate safely. Suitable for all fitness levels.

Friday Evening Dance Mixer: Themed, dance-based social mixers. Rotating partnering encourages members to meet each other and have a great time doing it. A structured dance class, led by renowned professional dance teachers in a variety of social dance styles including salsa, ballroom, merengue, swing, cha cha, tango and others. The lesson is followed by at least an hour of music and “social dancing”. Suitable for all fitness levels.

Intense Core Conditioning: Intensive, targeted training and strengthening of abdominal and lower back regions to build muscle, enhance balance and improve posture. In conjunction with Sports Conditioning and other cardio training, reduces ab fat, builds muscle. Suitable for intermediate to advanced fitness levels.

Intro to Kettlebells: Basic movements for beginners, a refresher for the more experienced, kettlebells drills for all levels. This class focuses on developing fundamental Kbell movements upon which all other Kbell movements are based – 2-Hand Swing, 1-Hand Swing & Transfers. (See “Kettlebells Studio” for additional description.) Suitable for all fitness levels.

Kettlebells Studio: A traditional Russian kettlebell is a cast iron weight that looks like a cannonball with a handle. Dynamic kettlebell workouts build muscle, increase strength, agility, flexibility, balance, improve posture and cardio endurance. The off-center-of-balance of kettlebells increases the demand on abs, legs, agility and space perception, lending to a more “complete” workout. This is efficient, timed, “no-breaks between sets,” total body strength training. Participant moves at his/her own pace to improve performance in subsequent workouts. Suitable for most fitness levels. Intro to Kettlebells is a pre-requisite.

Mad Dogg Spin: It takes place on a specially designed Spin bike. As you pedal, motivating music plays and the instructor talks you through a visualization of an outdoor cycling. Spinning burns serious calories and offers awesome aerobic training that makes your heart pump fast. It tones your thigh muscles like nobody's business. Because you stay in one place with the same basic movement throughout, Spinning doesn't involve a lot of coordination. This makes it easier to

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concentrate on your form than in other types of aerobic classes. Although you follow the general instructions of the spinning teacher, you are in control when it comes to your pace. You can finish a spin class, regardless of your fitness level, simply by adjusting your pace or the tension knob on the bike. Other than the bike, for a safe, comfortable ride, Spinning requires a stiff-soled shoe with good ventilation (running and aerobic shoes, which are soft-soled, may leave your feet numb by the end of the class), 2 towels (one for wiping away sweat and one for draping over the handlebars so your hands won't slide out of position) and a full water bottle (because you're definitely going to sweat).

Pilates: A system of non-impact exercises to develop strength, flexibility, endurance, coordination and balance without adding muscle bulk. Practice improves posture and promotes a feeling of physical and mental well being. According to creator Joseph Pilates, "You will feel better in 10 sessions, look better in 20 sessions and have a completely new body in 30." Suitable for all fitness levels.

Silver Warrior: For the active older adult, those recovering from injury or illness, or those brand new to fitness. This class places special focus on balance, endurance training and flexibility. Low-impact, cardio workout accompanied by standing and seated exercises to improve stamina, strength, balance, posture, agility and coordination. Chair exercises may be incorporated, as will light weights, resistance tubing and stability ball. Suitable for any participant with limited strength, flexibility balance, mobility and endurance.

Sports Conditioning: Professional cardio, power, speed, quickness, agility, plyometric and strength sports drills and equipment are borrowed for the focus of this class– to improve reflexes, endurance, daily function. Gets rids of "belly jelly." Suitable for all fitness levels.

Stretch: Flexibility often gets overshadowed by cardiovascular and strength training, but is vital to prevent injury and achieve a limber, healthy body. Staying limber offsets age-related stiffness, maintains range of motion, improves athletic performance, reduces the chance of injury and optimizes regular day-to-day movement. Exercises include a warm up followed by variety of stretch styles including static, dynamic, resistance and others to enable maximum benefit. Suitable for all fitness levels.

Tag! You're it: Fun, addictive, playground games for grown-ups. Tag, Dodge Ball, Twister, Catch, Freeze Tag, Red Light Green Light 1-2-3, Double Dutch, Capture the Flag, Volleyball, Jump Rope, Hopscotch, Red Rover, Koosh Ball, HORSE. Never heard of some of these? The only way to find out what they are is act like a kid and play. Great strength, endurance and cardio training. You almost forget you're working out. Really. Suitable for most fitness levels.

Treadmill Challenge: A motivating, entertaining, educational and invigorating minute group exercise class on the treadmill. The instructor leads the group from the floor and is free to work individually with each participant to instruct, correct form, motivate and give the appropriate speed cues so everyone can safely get up and over different "terrains". Treadmill intensity is manipulated in small intervals. Participants use various walking, jogging and running techniques, as well as sports drills on a wide range of inclines to build endurance and burn fat. The Treadmill Workout allows people to achieve better results in less time. Suitable for all fitness levels.

Yoga: Fitness-based yoga. Improves functional strength, flexibility, posture and muscle balance. Suitable for all fitness levels. Suitable for all fitness levels.

Classes that attract fewer than 4 participants over any 30-day period will be discontinued. Schedule is revised quarterly. Classes are rotating depending on attendance.