



GROUP FITNESS CLASS DESCRIPTIONS FALL 2011

- ABSOLUTE COREture:** Work your core like never before. Not your traditional ab routine, so be prepared!
- AMAZING ARMS:** Tone those triceps, burn those biceps, sculpt those shoulders in no time. Say bye bye to the jiggle!
- BODY DESIGN:** A muscular conditioning class that incorporates free weights, resist-a-ball, body bars and tubing to provide a challenging full body workout!
- BOX BOOTCAMP** Rev up the heart, burn fat and lose tons of calories in this non-stop cardio boxing, muscular bootcamp style training. Jab, kick, squat-n-sweat?
- FLEX AND THE CITY:
& THE FIRM:** This muscular conditioning class will incorporate free weights, balls, bars, tubing and more to help you tone your entire body!
- GENTLE FITNESS:** A specially designed class for seniors or newcomers that addresses their special needs and conditions. Includes lo-impact aerobic exercise, balance and flexibility training, strength and core.
- PILATES PLUS:** Your "core" gets special attention in Pilates, as you learn to move, control and strengthen the shoulder and pelvic girdles, the back and abdominal area. Small balls, elastic bands and rings are used during the class.
- RETRO CARDIO:** Nostalgia takes over your body as you participate in a good old fashioned hi-lo aerobic workout; to the tunes of the 50's, 60's, 70's and 80's!
- SALSACIZE:** Move to the sounds of the latin beat with this lo-impact cardio class.
- SWEAT SHOP:** Using full body, integrated exercises in a quick-paced format will bring your heart rate up burn those extra calories. Bring a towel and plenty of water!
- YOGA:** Come relax and stretch your tired muscles with yoga. Improve your flexibility, strength and peace of mind!
- ZUMBA:** Ditch the routine, join the party! Shake, shimmy and salsa your way to a great workout and tons of fun!
- ZUMBA IN THE CIRCUIT:** Salsa and dips anyone? A circuit training class with intervals of Zumba thrown in to keep your spirits high and your heart pumping!
- ZUMBA TONING:** It's the Zumba you know and love, but with light weights or toning sticks* to add upper body toning.
- *toning sticks available for purchase from Elysa Monk Fitness