

## Group Exercise Class Descriptions Spring 2024

**Ab Attack:** Wanting abs of steel? This class is for you! This 30-minute ab and core class will burn some calories and tone your abs. No boring crunches here; come visit us!

**Barre:** Barre is a toning, body-weight workout. Barre class is a low impact workout that is inspired by elements of ballet, yoga, Pilates, and strength training. This muscular endurance workout focuses on high repetitions and small, isometric movements. These exercises are easily modified, which makes this a great class for all fitness levels.

**Bootcamp:** Want to be at your best this year? This revamped HIIT class is a total body strength training and cardiovascular workout. Each class will be a new workout with a different WRAC personal trainer to give you the most well-rounded fitness bootcamp experience.

**Cardio Dance:** We're pulling out all the dance moves for this class! Cardio dance is a great way to burn calories and strengthen your heart while having fun!

**Demon Strong:** This total body strength class will give you just the right amount of challenge and intensity. This workout utilizes all forms of exercise such as HIIT, strength training, cardio, core, and plyometrics to give you an amazing functional workout!

**Eccentrics:** A completely original workout that draws on the flowing movements of Tai Chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles, and the healing principles of physiotherapy, which create a pain-free body.

**Family Fit:** An interactive class between parent and child, this class incorporates creative aerobic movement that encourages physiological, emotional, and cognitive development in addition to promoting social skills and cooperative participation with a group. Ages 8 and up. Children MUST be accompanied by an adult.

**HIIT:** This class is a total body, aerobic, strength conditioning workout. This interval-based class combines full body strength training with cardio bursts.

**Pilates:** Pilates is a method of exercise that consists of low-impact, flexibility, muscular strength, and endurance movements. Pilates emphasizes use of the abdominals, lower back, hips and thighs.

**Pound:** Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, strength training with yoga and Pilates-inspired movements using lightly weighted drumsticks. Come pound your stress and anxiety away!

**R.I.P.P.E.D.:** Resistance, Intervals, Power, Plyometrics, Endurance, Determination! This class is a full body strength and cardio workout geared to help you get strong, lean muscles, and feel your best!

**Rock Bottom:** 30 minutes to tone, lift, and sculpt your glutes and legs!

**Sculpt & Tone:** This class will include weights, exercise bands, and music to keep the heart rate up while toning the whole body.

**TRX:** Total Body Resistance Exercise. The TRX suspension trainers use your own body weight to give you the strength, cardio, and core workout that you have been looking for. All fitness levels welcome!

**Yoga:** This mind/body class utilizes basic Yoga movements to improve flexibility, posture, and balance while strengthening the core. This is a great class to relieve stress and relax the mind. All fitness levels welcome!

**For more information on Group Exercise classes and our Fitness Assessment Lab**

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