

# I AM Fitness Group Fitness Class Descriptions

## STRENGTH

### **BARRE & More**

The ultimate Barre combines attributes of Pilates, dance, and functional fitness. We incorporate small, isolated movement to fatigue the muscles, large range motion to elevate the heart rate and sequencing that incorporates upper and lower body to make every minute count.

### **BODY PUMP™**

The original LES MILLS™ barbell class will sculpt, tone, and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using THE REP EFFECT™ focusing on low weight loads and high repetition movements. You'll burn fat, gain strength, and quickly produce lean body muscle conditioning.

### **STRENGTH WORKS**

Target all major muscle groups in this powerful, efficient, result oriented strength workout utilizing various fitness tools.

### **SENIORCISE**

Designed to address the specific needs of our senior population. All exercises can be performed seated or standing and include cardiovascular, strength, agility, and flexibility training.

## CARDIO

### **CARDIO KICK**

Cardio Kickboxing is a class that combines martial arts techniques with fast-paced cardio. This high energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

### **SPINNING®**

A cycling workout, set to unique music, which takes you on a simulated journey over hills and various other terrain. Please bring a towel and water bottle.

### **SWEAT**

A no nonsense workout with cardio drills and strength building exercises for a challenging sports training experience. Reach your fitness goals and be prepared to sweat in this high-energy, high-intensity class.

### **ZUMBA**

An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fit party that's moving fitness enthusiasts toward joy and health.

## MIND BODY

### **PILATES**

A mind/body workout designed to increase strength, flexibility, range of motion, and tone through continuous and controlled motion

### **YOGA**

Challenging, yet relaxing class for both the mind and body. This class will provide internal feedback designed to assist the body in achieving increased range of motion, flexibility, balance, and stability, while helping to decrease tension and stress.

## AQUA

### **AQUA**

Dive into this low impact cardio and conditioning class that incorporates the latest and wettest aqua based exercise into a joint friendly, high- energy water workout

### **AQUA MOTION**

Cardio and strength movement combinations patterned to maximize the resistance of the water