



Wilmerding Community Center

1 Memorial Field / Wilmerding PA 15148

# CLASS

# DESCRIPTIONS:

## LAND EXERCISE CLASSES:

- ▶ **BUTTS & GUTS:** This quick 30-minute class will shape and sculpt your lower body & core. We focus on your abs, glutes and legs using your own body weight. Occasionally, we use light weights as well. There is no jumping involved in this class. \*Please bring your own mat.
- ▶ **CYCLING:** This is a high energy 1-hour class performed on a stationary bike with a heavy weighted fly wheel that is linked to the pedals. This results in a fixed gear bike where your legs are constantly moving and you have to apply pressure to control your ride. Instructors use motivational and upbeat music. It's a great workout if you want to burn a ton of calories, while increasing your strength and endurance. You could climb up big hills, ride through mud and sprint down flat paths. This fast-moving class will be over before you know it!
- ▶ **DRUMS ALIVE:** A rhythmic workout that combines drumsticks, stability balls and athletic choreography. Great for coordination and upper arms and shoulders toning.
- ▶ **FUNCTIONAL FITNESS:** Functional training emphasized multi-joint movements that mimic everyday movement patterns. This fun, challenging class will help you to improve strength, stability, mobility and balance. Using your bodyweight and a variety of resistance equipment we will improve necessary everyday movements of pull, push, squat, lunge, hinge, rotation and gait. Suitable for all fitness levels, you will learn to work at your own individual ability level.
- ▶ **HATHA YOGA:** A gentle basic yoga class with no flow between poses, expect a slower paced stretching focused class with basic pranayama breathing exercises.
- ▶ **STEP & KETTLEBELL COMBO: 30 minutes of step:** Using a 4, 6 or 8" bench participants will step up, around & down in choreographed patterns to boost your heart rate for a great cardio workout. These combination will then be combined with resistance training for toning & strengthening muscles. Followed by 30 minutes of Kettlebell as described below.
- ▶ **STEP & STABILITY BALL COMBO: 30 minutes of step:** Using a 4, 6 or 8" bench participants will step up, around & down in choreographed patterns to boost your heart rate for a great cardio workout. These combination will then be combined with resistance training for toning & strengthening muscles. Followed by 30 minutes of toning & balance on the Stability Ball.
- ▶ **KETTLEBELL:** A kettlebell is a weighted ball with a handle for gripping. Using this piece of equipment, you will give an all-out, 100% effort through quick, intense bursts of exercise – followed by a shorter, sometimes active, recovery periods. Great for toning and muscle building.
  - ADVANCED: For the Seasoned/Veteran/League/Team Players Only
  - OPEN: Beginner level or those that have an interest in learning or following instructions for play.
  - INTERMEDIATE: For the knowledgeable players that are not at league team levels.
- ▶ **PICKLEBALL:** Paddleball sport that combines elements of badminton, table tennis & tennis for 2 – 4 players. Use larger wooden paddles to hit a wiffle-like ball over a net. Court size is smaller than a tennis court.

- ▶ **POUND!:** In this full body cardio jam session, you will combine light resistance with constant simulated drumming with drumsticks (called ripsticks). The workout fuses cardio, Pilates, strength, plyometrics and isometric poses.
- ▶ **POWER UP BOOT CAMP:** The goal of this class is to use hand weights (dumbbells) to increase strength and lean muscle, improve flexibility, joint stability, functional movement and cardiorespiratory fitness. Exercising with dumbbells provides numerous benefits towards improving your overall health. Exercise muscles in isolation as well as perform movements that combine muscle groups to get a full body workout.
- ▶ **PRAISE FITNESS:** Instructor Tammy has 3 different types of Praise exercises that can be done in this class. All 3 of the Praise classes incorporate worship and scripture into the workouts.
  - BARRE is a Christian alternative to Pilates.
  - KICKS is a Christian alternative to Kickboxing.
  - MOVES is a Christian alternative to Yoga.
- ▶ **SILVER SNEAKER CIRCUIT:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobics choreography.
- ▶ **SILVER SNEAKER CLASSIC:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and balls are offered for resistance. A chair is available if needed for seated or standing support.
- ▶ **SILVER SNEAKER YOGA:** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
- ▶ **T.N.T. (tone & tighten):** combines body toning with heart pumping cardio. Enjoy upper and lower body strength training mixed with cardio segments that deliver a total body workout. The cardio bursts that follow each section of toning are drill based and are designed to elevate the heart rate between the strength training sections. It is easy to adjust each exercise to meet all fitness levels.
- ▶ **TRX (total resistance exercise):** Use your own body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. Adjust your body position to add or decrease resistance so you're in control of how much you challenge yourself on each exercise. Because of its suspended nature, TRX is a very low to no impact training method which allows people of all levels to train and reach their fitness goals.
- ▶ **WALKING:** Walk around the gymnasium floor following the black line. 26 laps around equals 1 mile.
- ▶ **YOGA:** This class provides a mindful approach to body alignment and efficiency of movement. Yoga postures and breath exercise help to focus the mind inward for a deeper mind/body connection and richer awareness of self. Full body relaxation & balance are the goals as you make a full circuit of the body's range of motion with standing postures, twists, folds & hip openers. A yoga mat IS necessary. Any yoga props such as blocks, blankets, straps, etc. may be useful but are not mandatory.
- ▶ **ZUMBA:** For everybody and every body! Each Zumba class is designed to bring people together to sweat it on. Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.



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# CLASS

# DESCRIPTIONS:

## WATER EXERCISE CLASSES:

Please note that any class listed can be done in both the DEEP or SHALLOW sections of the pool. While you may not get the complete targeted effect of the class as it was designed you can still participate safely.

- ▶ **AQUA HIIT (Hight Impact Interval Training)**: High impact water workout designed as an effective way to lose extra pounds fast. Full body workout for maximum efficiency.
- ▶ **AQUA ZUMBA**: For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss. There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
- ▶ **CARDIO H2O**: Designed to challenge and push you with targeted workouts to build and condition your muscles. This workout helps kill your calories for faster fat burning.
- ▶ **DEEP or SHALLOW WATER AEROBICS**: Please note that any class listed as Deep or Shallow can be done in both sections of the pool. It is not limited to just what the title states. While you may not get the complete targeted effect of the class as it was designed you can still participate safely. This is a 45-minute workout planned for the deep or shallow side of the pool. This is a good workout for your legs in deep, but also a good hip and back workout for shallow water.
- ▶ **PRAISE WAVES STRETCH**: A 45-minute low impact aqua aerobic class that incorporates worship and scripture to the exercises. Class can be participated from the shallow or deep part of the pool.
- ▶ **SILVER SNEAKER AQUA CLASS**: 45-minute water workout that is low impact and easy to do. Great for beginners or those that do not move around so well. It will get your heart rate up and increase your energy levels without stress to your body. Prepare to Splash, Shake and Roll.