

Group Exercise Menu



More Classes

New Times

**Longer
Workouts!!**

Deborah Puskarich
Group Exercise Director
214-383-1019

Class Descriptions

{Aqua} Enjoy the distinct benefits that water classes can offer. These intense classes eliminate joint stress and provide an excellent workout. *seasonal program

{Barbell Body Blast} It's group exercise strength training the functional way! Take high energy music, some barbells, combine them with a variety of functional equipment & you have the BEST effective strength training workout of the day!

{Boot Camp} this is basic training 101 – no dance – lots of drills and skills to reshape anyone's body!

{Cardio Boxing} Ready for the workout? Ready for a PUNCH?! Okay, let's take the excitement & energy of cardio & roll it together with boxing & martial arts for a complete workout.

{Cardio Core Challenge} Improve Cardiovascular, strength, posture & balance all in ONE class! Improve cardiovascular, Strength & stamina using Resist A Balls, BOSU's, Core Boards, and & Gliding disc's. *Each class will use a variety of this equipment.

{Cardio Interval Training} Maximize your workout when blending both cardio and strength training exercises together in one class. This class alternates between cardiovascular and functional strength training exercises.

{Indoor Cycling} It's time for the ride of your life! Join us in the cycle studio for a fun, non impact group cycling class that burns calories and welcomes everyone. **SIGN UP REQUIRED AT THE SERVICE DESK**

{Morning Ride} Get UP, Get ON, Get Riding! This early morning ride is sure to start you off on the right 'bike path' while staying fit. Everyone is welcome to join in on the ride! **PASS REQUIRED**

{Muscle Conditioning} Wake up your mind and muscles during this energy and time efficient early morning strength class. Maximize your morning with this 30 minute workout. It will be the perfect way to start your day!

{Pilates} Increase torso strength & stabilization with these 34 yoga based mat exercises. Flexibility will improve as you focus on breath in this balanced regimen. **SIGN UP REQUIRED AT THE SERVICE DESK**

{Pilates Flow} Keep your body moving while enhancing your traditional Pilates floor work. This class will use a variety of functional small props while flowing through each exercise. **SIGN UP REQUIRED**

{Spinnerval Cycling} This class will start your weekend out with a "blast". This unique class will alternate between a ride and boot camp style training. Train like never before when challenged by both cardio and strength during this one hour cycle class! **SIGN UP REQUIRED AT THE SERVICE DESK**

{Step} Step aerobics provides high intensity, low impact cardiovascular training. Participate in a variety of step classes filled with energy & excitement!

Class Descriptions, *continued*

{Yin-Yoga} This unique class is form of Chinese yoga and is a compliment to Vinyasa Yoga and other forms of active exercise. Yin yoga is quieting and calming and it is performed very slowly with great attention to mindfulness and keen awareness of where and what you are feeling during each pose. Yin yoga focuses on function rather than aesthetics. This class takes place in the Main Group Ex. Studio.

{Yoga} Experience stress reduction, relaxation techniques & flexible strength training. Our Yoga instructors are trained to accommodate all levels in each Yoga class. Classes vary in specific disciplines of Yoga. All participants should dress in layers for preferred body temperature. **SIGN UP REQUIRED AT THE SERVICE DESK**

{ZUMBA®} Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! Zumba® is exercise in disguise!

{ZUMBA Toning™} This is an excellent calorie-burning and strength-training class. Participants will use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength, and tone all the target zones. *sticks are purchased separately.

Group Exercise Etiquette

{Warm-Up} For your safety & fitness benefits, it's important that you attend the warm up. Also, as a courtesy to others & your personal safety, we ask that you do not enter a class if you are more than 10 minutes late.

{Cool-Down} If you must leave class early, please be aware that for your own safety, your heart rate should gradually come down before doing so. Be sure to stretch all major muscle groups prior to leaving.

{Group Activities} Due to the nature of group exercise, it is important that each individual participates as a member of the "group." In order to support consistency & focus for the entire class, please follow the instructor's choreography & exercise prescriptions. Modifications are provided for those who are pregnant or exercising with an injury.

{Fun & Focus} We encourage participants to have fun & make noise verbally throughout a class. Please reserve conversations with your friends until class has concluded. We also ask that you refrain from bringing cell phones/pagers to class. If necessary, they should be placed on silent/vibrate. When in use please step outside the studio as to not disturb the rest of the group.

*Additionally we ask that you refrain from wearing perfume while working out as it may affect those individuals suffering from allergies.

Sign up is required to attend all Yoga, Pilates and Indoor Cycle classes. Sign up sheets are available at the service desk on a first-come, first-serve basis and are available beginning one hour prior to the start of class. **If you are more than five minutes late, we ask that you please attend another session.**