

# AC LAC Jtown Group Exercise Class Descriptions

## RESISTANCE TRAINING



**GROUP POWER** : is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, **Group Power** is for all ages and fitness levels. Discover results, discover **Group Power!**

**Butts & Guts** : Work your glutes, hamstrings, quads, and abdominals to have a fabulous front and backside!!

**Upper Body Sculpt** : Work biceps, triceps, chest and back in this 30 minute class.

## CARDIO & CARDIO/RESISTANCE COMBINATION

**KICKBOXING**



: Easy to follow kickboxing choreography set to music. This class will elevate the heart rate and challenge muscles



**RIPPED** : Resistance, Interval, Power, Plyometrics, Endurance, Diet! If you are looking for a class to get you in shape or bust a plateau this is for you! This class will give you the results you want. Class is for ALL LEVELS. And if you need the diet component check out [www.rippedplanet.com](http://www.rippedplanet.com) or Venice Nutrition Coaching at the club to help you with your nutritional needs!

**DANCE FITNESS** : Dance to your favorite tunes from all genres. Easy to follow choreography so you are sure to get your heart rate up and sweat on while having FUN. All levels welcome!



**U-JAM Fitness** : U-Jam Fitness® is an athletic hip-hop dance fitness workout that combines easy to learn steps and high energy music for a workout that will get your heart rate up, your body moving, and make you work up a sweat in no time -- all while having fun!



**RUMBLE** is a calorie torching, challenging and FUN Cardio MMA System! If you like the "E" section of R.I.P.P.E.D., Plus, the addition of RUMBLE sticks (aka "weapons") in parts of the class adds intensity and authenticity

## BARRE TRAINING/YOGA/PILATES

**Fit-Barre** : all level barre class is the ultimate long and lean total body workout. Incorporating elements of pilates, yoga, ballet and strength training, this class delivers the results you have been waiting for!

**YOGA** : Come join the Mind Body Experience as we align, breathe, strengthen, create power, and increase flexibility. Whether you are new to yoga, a practiced yogi, or have "issues within your tissues", this class is for you



**PiYo** : PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined



**POP Pilates** : POP Pilates is a total body, equipment-free workout that sculpts a rock solid core and a lean dancer's body like nothing else can. All levels welcome.

## **SPINNING** (Second Floor)

**SPINNING BEGINNER** : Class designed for the beginner but all levels welcome. Learn how to properly set up the spinning bike and get all your questions answered. Participant will also be taken through a basic class to learn technique and safety.

**INTERVAL SPINNING** : This class emphasizes speed, tempo, timing and rhythm. Interval training alternates between high and low aerobic intensities, ranging from work efforts of 80-92% of maximum heart rate and recovery periods of 65% of maximum heart rate.

**STRENGTH RIDE** : This class is a great way to build up muscular and cardiovascular ability by simulating challenging hill climbing. Participants are encouraged to train at 75-85% of their maximum heart rate.

**ALL TERRAIN SPINNING** : This class does it all, incorporating endurance, strength and interval training, with a mix of flat roads, jumps and climbs.

**NOTE: All participants are encouraged to bring a heart monitor watch to all Spinning classes. Please bring towels and water. Wipe down your bike after use and avoid spraying cleaner directly onto bike. \*\*\*New participants PLEASE arrive to class EARLY and introduce yourself to the instructor.**

## **SilverSneakers** (CARDIO & CARDIO/RESISTANCE COMBINATION)

**SilverSneakers® 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 a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

**SilverSneakers® 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 SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

**SilverSneakers Yoga**: SilverSneakers Yoga will 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.



## **BALLROOM DANCE CLASSES (5-8 WEEK SERIES)**

**Ballroom Dance**: is your time to have fun and move! These 45 minute dance classes strengthen all your major muscles, improve balance and coordination, while in an inspiring, motivating group setting with easy music and an experienced dance instructor, Michelle Mardis. At the end of each 5-8 week series we will host a dance where you can try out all that you've learned in a social setting. Ballroom dance - In its most basic form, is any partnered dance where one partner is designated the lead and the other is designated the follow. The traditional ballroom dances include: Waltz, Foxtrot, Tango, Quickstep, Viennese Waltz, Rumba, Cha cha, Swing, Jive, Samba, Mambo, Bolero, and Paso Doble. Come alone or bring a friend! \*Fee for non-members.