

## ***Aerobics-LOWNDES HILL BRANCH***

Aerobics Classes are **FREE** to members unless otherwise stated below. We ask that **ALL PARTICIPANTS** register for classes so our staff can be better prepared to teach. *To ensure the safety of our classes, you are asked not to begin a class after the warm-up—or leave before the cool-down is completed.*

### ***Fit Mix (Class Limit: 30)*** Certified Inst: Belinda

Could be kickboxing or boot camp or Zumba or step or interval or Hip Hop...one of the most important aspects of exercise is to keep that body guessing and that's exactly what this class will do. You'll never know what you're going to get-but you can be sure it will be a fun and effective workout! Families are welcome-challenge each other and make it a fun experience.

**M 7-8 p.m.** Non-members: Session I \$23\* Session II \$26\*

### ***Cardio Dance & Toning*** Certified Instructor: Lindsey

Cardio workouts in the gym can be a chore, but doing regular cardio exercise is vital for healthy living. Combining cardio exercise with the fun of dance is a great way to keep fit. Cardio Dance combines all forms of dance and provides an opportunity to enhance your posture and balance. Just "boogie on down" and you'll find flexibility you never thought achievable, tone your core muscles, and have the time of your life! **Session I only.**

**T/Th 9-10 a.m.** Non-members: \$47\*

### ***Boot Camp (Class Limit: 27)*** Certified Instructor: Terri

Looking for a class to boost your metabolism? **THIS IS IT!** Through the use of an interval training format, Boot Camp will increase your cardio endurance through the step, jump rope, bands, weights, stability ball and more. **Session II only.**

**T/Th 8:30-9:45 a.m.** Non-members: \$51\*

### ***PiYo*** Certified Inst: Ranae

Like the stretching, balance and stress relief of yoga? The powerful exercises and floor work of Pilates that strengthens and tone your whole body? Enjoy the best of both with this unique fusion of strength building, rhythmic movement that allows all skill levels to participate and get results!

**M 11-11:45 a.m.** Non-members: Session I \$23\* Session II \$26\*

### ***Butts and Guts (Class Limit: 40)*** Certified Inst: Mark

A half hour of strength training for the core muscle groups in the abdomen and back. Emphasis is based on proper alignment and breathing techniques for a safe and effective workout. Exercises are also included to strengthen and tone the buttocks and hamstrings. Session ends with stretching exercises.

**M/W 5:30-6 p.m.** Non-members: Session I \$23\* Session II \$26\*

***Combat Cardio (Class Limit: 40)*** Certified Inst: Bill

Experience a combined visit to the Boxing Gym and Karate DOJO. Participants will learn/use boxing/kickboxing techniques in an anaerobic nature, using heavy bags, kicking shields and the speed bag. Emphasis will be on developing speed and power, working in timed intervals. Jump rope drills will also be used to enhance balance, coordination and aerobic condition. A GOOD TOTAL BODY EXPERIENCE!!

**Sat. 7:30-9 a.m.** (June 11, 18, July 8, 22, Aug. 5, 19) Non-members: \$35\*

***Step & Muscle Challenge (Class Limit: 27 )*** Certified Inst: Robert

One hour of exercise designed to give participants a safe and effective cardiovascular workout through moderate choreography. Cardio sessions are intervals with 5-6 minute strength training using hand weights or resistance bands to tone and develop muscles. Emphasis is placed on safe effective moves. Session ends with cool down and stretching.

**M/W 6 - 7 p.m.** Non-members: Session I \$44\* Session II \$47\*

***Ball Room Dancing*** with Paige Moccia

Come learn to move together on the dance floor as Paige instructs couples in the art of Ball Room dancing. This is a great way to do spend time together.

**July 6, 13, 20, 27 Wed. 8-9 p.m. \$20 per couple**

***Arthritis Foundation Tai Chi Program*** Certified Inst: Mark

This class is designed to improve the quality of life for people with arthritis using the Sun style tai chi, one of the four major recognized styles. It is a slow-paced, graceful, low-impact form of exercise. Some of the benefits from this program are improved balance, increased flexibility, increased mobility, improved health-related quality of life, improved psychological well-being, decreased pain, decreased fatigue and decreased stiffness.

Those without arthritis are welcomed too!

**M/W 9-10 a.m.** Non-members: Session I \$44\* Session II \$47\*

***Silver Sneakers (Class Limit: 30)*** Certified Inst: Janelle

In this class you'll get a great low-impact cardiovascular workout exercising on and around a chair. This over 50 Fitness class includes working with light weights, resistance bands/tubing and abdominal crunches. Warm-up and stretch to begin the class session

**M/W/F 10-10: a.m.** Non-members: Session I \$50\* Session II \$53\*

***Silver Sneakers Cardio Circuit (Class Limit: 30)*** Certified Inst: Janelle

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work and hand-held weights, elastic tubing with handles and a silver sneaker ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation.

**F 11-Noon** Non-members: \$26\*

***Zumba*** Certified Inst: Kristen and Sarah

Zumba is based on the principle that a workout should be "fun and easy to do" allowing

participants to stick with the Zumba Fitness program and achieve long-term health benefits. Zumba is a fusion of Latin and International music-dance with routines that feature aerobic/fitness interval training with a combination of fast and slow rhythms (dance steps) that tone and sculpt the body. Appropriate for any fitness level.

**W 7-8 p.m.** Non-members: \$26\*

**Th 5:30-6:30 p.m. (Session II only)** Non-members: \$26\*

***Pump, Jump & Jab (Class limit: 37)*** Certified Inst: Belinda

Do you want to “defend” yourself against a sedentary lifestyle and unwanted effects of the aging process? Join Belinda for this moderate to high intensity cardio kickboxing class with a twist. Using basics of aerobic kickboxing and adding a touch of step aerobics, bootcamp and toning, this instructor guarantees you will pump up those muscles, jump to a higher fitness level and take a jab at those unwanted pounds!

**M/W Noon-1 p.m.** Non-members: Session I \$44\* Session II \$47\*

***Beginner Pilates, Yoga & Stability Ball Combo***

Certified Inst: Brenda

In this class, you will train all the muscles of the body to gain strength in the manner they are designed to perform. Along with building a strong core, you will become efficient in the “mind over muscle” concept to relieve stress, improve body awareness and flexibility. Warm up and relaxation is included.

**W 11 a.m.-Noon** Non-members: \$26\*

***Tone and Stretch (Class Limit: 37)*** Cert. Inst. Nancy

Your body is your friend in this class. By using your own body weight you will sculpt and lengthen your muscles. Principles from yoga will help participants gain flexibility and mind/body awareness.

**T/Th 11 a.m. -Noon** Non-members: \$47\*

***Cycle - Sculpt (Class Limit: 12)*** Certified Inst: Tracy

This super fat-burning class will challenge you with drills for building strength, high intensity intervals and varying “terrains” on a bike. Combined with weight training to sculpt, tone and strengthen your total body.

**T/Th 4:30-5:30 p.m.** Non-members: \$47\*

***One-On-One Personal Training***

Let one of our personal trainers meet with you and set you up on a specialized program to help you reach your health and fitness goals. Contact Bill or Curtis to arrange an appointment

Members: \$30 hour Non-members: \$40

*(No fee reduction for early payment)*