

# GROUP FITNESS

## CARDIO/CORE CLASSES

**Our classes are for Every Body. Please don't feel like you are not in good enough shape to come to class! You don't have to be great to start – you just have to start to be great! The only bad workout is the one you didn't do!**

**20/20/20** – Combination of Cardio, barre(Pilates) and Yoga

**Active Balance Conditioning (ABC)** - This program is designed for the unique needs of active older adults who know the importance of staying mentally sharp and physically stable. Researchers no longer believe that falling or losing your strength and mental capacity are inevitable parts of the aging process. This innovative class will combine all aspects of fitness – strength, balance, brain games and flexibility. We will be doing all types of walking – working on gait patterns and using obstacles to practice going over and around. As you may know, each day can present a new challenge after a certain age so all activities will be done at the participants level of fitness as is on that day. Email [nancy.triscuit@cranberrytownship.org](mailto:nancy.triscuit@cranberrytownship.org) with any questions or concerns. This class is an 4 week session. Free to Silver Sneaker, Silver Fit members and Cranberry Township Group Fitness members. Non-members can pay drop in fee.

**bbarreless** – A fusion of Pilates. Cardio and Yoga with great music!

**Boot Camp** – High energy drills and skills make this a fun way to burn a bunch of calories in an hour!

**Cardio Butts and Gutts** - Plenty of cardio in this class which focuses on the core and hips.

**CardioCore H.I.I.T** - High Intensity Interval Training with a Core focus.

**Cardio Kickboxing** – A great way to get a full body workout! This class will combine elements of War and Turbo Kick along with Interval and Strength training. Anyone can do this class – modifications will be given!

**CardioMix** – You'll never believe it – A mix of different cardio!

**Circuit Training** - Cardio and Sculpting Intervals using kettlebells, bands, dumbbells and more!

**Customized Small Group Class** – If you have a small group of people and would like to have a customized class (afternoon is best for this) – we would like to make this happen for you! Email [nancy.triscuit@cranberrytownship.org](mailto:nancy.triscuit@cranberrytownship.org)

**Fitness-Lite** – Low impact class providing a good cardiovascular and/or strength workout with a minimum amount of wear and tear on the body! Modifications given for all exercises. Balance work included.

**Group Barbell** – You will still sculpt and strengthen your entire body by using low weight (not super low, but lower than an Olympic weight lifter!!) and high repetitions. The class is choreographed to great music and with great instructors inspiring you, you can't go wrong! Participants may use a barbell, dumbbells or no weight at all. All fitness levels will be accommodated! This has been proven to be one of the quickest ways to get in shape. New students may want to check out the Group Barbell Elements class. Everyone who is 40 plus needs to lift weights. Why? It increases lean muscle mass, increases bone mineral density, increases metabolism, burns fat and so much more. Remember, as you age, you lose muscle mass, increase fat mass, your bones get brittle. Who needs that?

**Group Barbell Elements** – Great for new and current students. This is a small group setting in which you will be coached on the correct form for the more challenging Group Barbell exercises. This will allow you to get the results you want as quickly as possible. This is not a full Group Barbell class.

**H.I.I.T.** - High Intensity Interval Training. You work hard, but you get to rest too! Your high intensity may not be your neighbor's high intensity so everyone can do this! Modifications will be given! Helps build endurance, increase your anaerobic threshold and burn calories and fat before and for hours after your workout!

**Intervals** – 45-60 minute format alternating different cardio or sculpt segments.

**Mash Up Mania** – Anything goes in this class from Zumba to strength training, step and more!

**Step** - Yes, we still have step classes for the diehards out there!

**Zumba** – You say you have no rhythm? You say you can't dance? Well, all that matters is that you move to the fusion of Latin and International music. Our Zumba instructors all have different styles with one thing in common – PASSION!

**Zumba-Lite** – Just like the above, but a little bit easier!

**Zumba/Strength Intervals** – Alternating segments of Zumba and sculpting using bands, kettlebells and dumbbells.

## **MIND/BODY**

**bbarreless** – A fusion of Pilates. Cardio and Yoga with great music!

**Chair Yoga** – This class is done sitting in or standing next to a chair. You'll get a great stretch and work on balance too!

**Iron Yoga** – Yoga with a little twist – yoga-inspired sculpting moves (you have the option of using light weights)

**Gentle Yoga** This class is appropriate for all students seeking the benefits of a very relaxing, gentle, and nourishing practice. The combination of gentle hatha and deep restorative work improves range of motion and joint mobility while reducing pain and the effects of stress. Students with injuries, arthritis, or other chronic conditions are welcome in these classes. Practitioners with limitations related to age or size as well as students with a more vigorous yoga practice will benefit from this practice. No prior yoga experience required.

**Hatha Yoga/Hatha Yoga and Core** – A more relaxed pace yoga practice that integrates breathwork with deliberate muscle awareness. No flow yoga. For the Hatha and Core – we add core work too.

**Pilates** – Helpful in preventing and rehabilitating from injuries, improving posture and increasing flexibility, circulation and balance. You will establish core strength and stability. Props such as light weights, small balls and stability balls and gliding discs may be added to add variety.

**Strong Flow Yoga** – Energetic, vinyasa style flow emphasizing continuous movement with the breath.

**Tabata Yoga** – Yoga warm up followed by Tabata-style, yoga-inspired workout.

**Yoga Flow** – Vinyasa style flow class with an emphasis on modifications for those who may need them!

**Yoga-Lite** – Gentle yoga class. Props may be used. Balance work included.

**Yoga Specifics** – A 30 minute class with an emphasis on a specific area of the body.

**Yoga for Every Body** – Gentle Yoga class – fitting your practice to your body. Everyone can do Yoga.

