**Class Descriptions**

**Acro Yoga 101**: This class blends the dynamic power of acrobatics & the mindfulness of yoga. This class is a perfect opportunity for participants who are curious about Acro Yoga & seek an introduction to the fundamental principles employed in this practice. Open to all levels & no partner necessary.

**Cardio Intervals**: A high intensity workout focusing on cardio intervals & strength training exercises! Incorporates stability ball, bodyweight exercises, and dumbbells. For all fitness & skill levels.

**Clemente Boot Camp**: NEW! Meet in the weight room for a high-energy workout! Focus on a variety of functional exercises designed to boost metabolism & increase strength & endurance. Great for sports conditioning & core work.

**Dance Fitness**: A combination of high-energy & cardio-based dance moves to get you moving while having fun! For all fitness & skill levels. No dance background required.

**Fit Challenge**: These total-body workouts are designed for all fitness & skill levels. Great class for weight loss & ab work! Fast-paced, efficient workouts incorporating intervals of bodyweight exercises (push-ups, planks...), dumbbells, stability ball, medicine ball, & more.

**Fit Women**: NEW! A variety of total-body workouts taught interval/circuit style by a female instructor. Classes are designed for all fitness & skill levels for our female patrons only. If you like Fit Challenge, you’ll love this new class!

**Fun Run**: Great outdoor class that will keep you active & motivated. Focus on speed work & agility drills for the ultimate goal of a faster 5K! This class is for beginner to intermediate runners & meets in the lobby by the front doors.

**Hip Hop Fit**: Learn the latest hip hop moves while getting a great cardiovascular workout! This class will get your heart pumping & your feet moving! For all fitness & skill levels.

**Ju-Jutsu**: Ju-Jutsu combines elements from classical martial arts disciplines. You will learn effective self-defense, get a full-body workout, and have a good time! Everyone is welcome, regardless of fitness level or martial arts background.

**Kickboxing**: Ready for a high-intensity workout? Great for cardio conditioning & endurance. Consists of shadow boxing & cardio kickboxing. Includes exercises for the abs & lower back. For all skill & fitness levels. This is not a martial arts or self-defense class.

**Yoga**: Consists of Hatha yoga poses to increase physical strength, improve concentration, & increase flexibility. This class is designed for all fitness levels & participants progress at their own pace. Great for stress management!

**Yoga I**: New to yoga? Just want to relax? Work on flexibility with slow flowing poses and seated stretches during Yoga I. Classes focus on opening up commonly tight muscles through a series of flows. All fitness & skill levels welcome - go at your own pace!

**Yoga II**: Build endurance with fluid transitions between poses for a challenging workout. More advanced poses are incorporated to increase strength and flexibility. All yoga practitioners are welcome as you learn to build each pose from the base up.

**Yoga for Strength**: Challenge yourself with this advanced yoga format! Emphasizes standing poses, planks, & bridges. Poses are held for longer duration.

**Yoga Pilates**: Like yoga? Always wanted to try Pilates? Here is your chance to do both at once! This class consists of Pilates exercises & yoga poses designed to improve core strength, balance, & flexibility. Participants progress at their own pace. For all fitness levels.

**Zumba**: Zumba is an aerobic fitness program set to Latin & world rhythms geared to make you sweat & have fun! Incorporates Salsa, Merengue, Cha Cha, Cumbia, Flamenco, Hip Hop, Reggaeton, & Belly Dance! For all fitness levels.

**Safety Information**

Always seek the advice of your doctor before beginning an exercise program. Visit your Doctor if:

- You have any type of heart condition.
- You have high blood pressure, or if you don't know if your blood pressure is normal.
- You experience extreme breathlessness after mild exertion.
- You have bone or joint problems.
- You often feel faint or have spells of severe dizziness.
- You have a medical condition that might need special attention.
- You are over 35 and have not exercised regularly.

If you are a beginner or haven’t done much regular exercise, start slowly and gradually increase your intensity level. Go at your own pace and comfort level. NEVER ignore pain during exercise. If an exercise causes you pain, try a modification or simply don’t do it.

Do not leave the group fitness class if you experience discomfort, dizziness, pain, or feel you need to stop. Alert the Group Fitness Instructor for assistance.

**Group Fitness Program Policies**

*Please arrive on time for class.*

*Silence all cell phones & place in the storage area provided.*

*For the comfort of others, please refrain from wearing heavy perfumes.*

*Appropriate attire is required.*

*Only soft-soled, non-marking, athletic, supportive shoes are permitted.*

*All drinks should be in re-sealable containers.*

*Avoid any contact with the mirrors.*