



## Carver Group Exercise Class Descriptions

**Aerobics and Strength-** Join us in this dual class of alternating strength and aerobic challenges, using body weight, hand weights, stretch cords. We will do core work and finish with stretching.

**Athletic Conditioning-** A complete body workout where you will be challenged to push through intervals of strength and cardiovascular training. Classes will include workouts where you will be using your own body weight or a variety of equipment through exercises that will strengthen and condition your whole body. This class is designed to push participants harder than they'd push themselves to improve lean muscle mass, stamina and agility. All fitness levels welcome.

**Barre Strength-** Develop a slim, tone, sculpted body with the Barre workout. Exercising to energizing music, this class incorporates upper body, core, and lower body movements to keep your heart rate up and burn calories. By utilizing the large lower body muscles with basic ballet moves and engaging your core throughout the workout, you are sure to get a beautiful sculpted body. So, take your shoes off and join us at the Barre.

**Boot Ramp-** Wherever you are on the incline of improved fitness, what is your next level? To find out, come to BOOT RAMP. Each session begins with aerobic warm-up and stretching. Then build a sequence of graduated challenges for the major muscle groups, interweaving them with more aerobic work – jumping jacks, maybe, or a lap around the parking lot. There are always variations with less impact (or more!) available.

**Cardio Dance Fusion-** Get up and get movin' with this high-energy cardio workout! With a blend of Hip-Hop, African and Electro beats to pump you up, this class will take you through a series of intervals while teaching you fun dance steps. Accessible to all levels, the steps are easy to learn, with modifications offered for more intense moves. Come break it down with us and leave your stress on the dance floor!

**Cardio Jam-** This class incorporates dance and fitness movements to create a fun and effective workout with extra emphasis on toning and sculpting. The challenge of adding resistance by using light hand weights helps you focus on specific muscle groups. The music & choreography will benefit your sense of rhythm and coordination, while toning target zones, including arms, core, and lower body.

**Cycling-**An indoor cycling class that consists of amazing cardio challenges, varying speeds and resistance levels, hill climbs, flat runs, and more! Let the instructor guide you through a ride that you can tailor to fit your own personal fitness level and goals. This class is great for beginners to advanced participants. Space is limited so be early!

**Cycle Plus-**This total body workout starts with 25 minutes of cycling, followed by 25 minutes of strength training for the core, arms, legs, and back using a variety of tools, and ends with 10 minutes of flexibility training on the mat. New to cycling? This class is a great way to try cycling in smaller doses!

**Multi-Level Yoga-** A Hatha yoga class focusing on postures (asana) and conscious breathing (pranayama) to develop strength, flexibility, balance and relaxation. Individualized adjustments and props provide a class open to all levels and abilities.

**Piloxing-** A non-stop cardio fusion of standing Pilates, boxing, and dance that will push you past your limits for a sleek, sexy and powerful you!

**P90x-** Created by trainer Tony Horton, the program includes resistance and body-weight training, cardio, plyometrics, ab work, martial arts, and yoga. All fitness levels welcome!

**Stretch/AT** - This class blends yoga poses with the practice of the Alexander Technique. We stretch, tone, and play. Let go of habitual tension to unfold and move with more ease and pleasure. Some hands-on guidance is offered.

**TRX Combo**- Developed in the Navy SEALs, suspension training allows you to use your own bodyweight to develop strength, balance, flexibility, and core stability at the same time. With the suspension trainer, you will be able to get a fast, effective total body workout, build a rock solid core, and increase muscle strength, and endurance. It benefits people of all fitness levels, from professional athletes to seniors, due to the fact that changing the resistance is as easy as changing your foot position. Give it a try today to forever change the way you look at exercise! Open to all fitness levels.

**TRX:** Get a fast and effective workout on the new suspension trainers (not as scary as it sounds!). A total body workout plus additional core strength focus.

**Yoga-Nancy**-Nancy's class combines variations of yoga postures collected from her various studies and certification with different yoga schools. Jivamukti, Sivananda, Integral, and Ashtanga yoga. She combines a flow along with steady postures combined in a dynamic class that caters and is flexible according to her student's needs.

**Yoga for Older Adults**-A great introduction class for first time students or those looking for a gently paced class with detailed instructions. Students will learn a variety of poses, breathing exercises, meditation, and relaxation techniques. This class will move each student at their own pace deeper into their very own yoga practice.

**Zumba**- A Latin-inspired, dance-fitness class incorporating Latin and International music and dance movements, to create a dynamic and effective fitness system. The class format combines fast and slow rhythms to tone and sculpt the body to achieve a uniquely blended balance of cardio and muscle-toning benefits. Dancers and non-dancers alike immediately and easily master Zumba! Zumba creates a party-like atmosphere providing a non-intimidating opportunity to participate in group exercise classes. It's fun! It's different! It's easy! It's effective! Ditch the workout, join the party!

**Zumba/Cize 30/30**- Ditch the workout, and join TWO parties for the price of one! 30 minutes of the Latin dance craze Zumba, and 30 minutes of the hottest new hip-hop dance workout! Cize breaks down professionally choreographed routines step by step. Whether you are a beginner, or an experienced dancer, Cize will have you bustin' out some really hot moves from your first class! But make no mistake, you're gonna get a serious workout!