**Group Fitness - Class Descriptions**

**POUND:** Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin' soundtrack using Ripstix - weighted drumsticks designed to transform drumming into an awesome, fat burning, full body interval workout that will leave you dripping sweat.

**Tap-N-Burn:** A cardio tap class that focuses on basic tap steps. Tap fundamentals are combined with muscle isolation and stretching to build strength, improve balance, and increase flexibility. Dance between 3,000 and 4,000 steps per class while learning tap dances to a variety of music. No prior dance experience is required to participate in the class and all classes can be taken in either tennis shoes or tap shoes.

**Pool Cardio With Tina:** This class provides a low-intensity, low-impact workout with a number of different movements aimed at increasing flexibility, strength and cardiovascular fitness. Takes places with TINA in the Falcon Center Pool.

**Tighten & Tone** - utilizing light to medium weights to define the total upper body, then moves on to a mixture of floor and standing exercises work to target the thighs, seat, back, and abdominals

**Yoga** - Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power. Yoga is doable by individuals at any level of fitness

**ZUMBA** - Latin dancing is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! These routines are perfect for those who want to learn Latin dance moves while burning calories. Classes will feature both low & high intensity workouts that is easy to follow.

**Pilates** - controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity.

**Jazz Dance:** This class will focus burning calories while dancing to Jazz Music. Class will expose participants to various styles of jazz such as Broadway, Street and Contemporary.

**Virtual Mystery:** This class will be shown through Fitness on Demand. We will virtually have a mystery class shown each week. This class could be anything from Hip Hop Dance, EPIC Spinning, Butts Hips & Thighs, Abs Assault or Blast N Burn. Come each week to see what’s playing.