Group Fitness Class Format Descriptions

Strength and Aerobics Conditioning Classes

Aquacise *(Marrero location)-A fun and stimulating, ultra-low impact, group exercise class in chest deep water.*

Boot Camp-*This fun and challenging 'military styled'-class, mixes traditional calisthenics, and body weight exercises with interval training, and strength training-to promote fat loss, camaraderie and team effort.*

Kettle bell-*Russian kettle bells are used to perform ballistic movements, for a unique total body workout routine.*

Kickboxing-*Punch, Kick, Block! This hi-energy class incorporates martial arts with boxing techniques, in a powerful way, that ultimately boosts the metabolism, burns calories and decreases fat…*

Madness-*High energy training that combines athletic aerobics movements, with strength and stabilization exercises.*

Madness Extreme-*Already physically fit? Then take your (aerobic & strength) workout to the EXTREME level.*

Power Pump-*Looking for change in your workout routine, then try this class for a unique mixture of toning exercises.*

Spinning-*Our indoor cycling classes, provide a great aerobics workout, and are geared towards any fitness level.*

Step-*An elevated platform is used in this rhythmic class, to give you the ultimate calorie burning workout.*

Tummy Tightener-*Obtain a flat stomach with this specialty class that focuses on melting fat from the midsection.*

Dance Classes

Zumba, Cardio Dance, Line Dancing and Hip Hop-*Innovative dance workouts that combine the best choreography with the best music.*

Mind/Body Classes

Yoga-*This class consists of multi-joint movements, prolonged stretching and deep breathing techniques.*

Flow Yoga-*This class is between gentle yoga and power yoga. Each pose flows from the previous pose.*

Gentle Yoga-*Beginners can start their yoga practice with this class that moves slowly thru the basic poses.*

Pilates - *A body conditioning routine that enhances strength, flexibility, endurance and coordination.*

Senior Specialty Classes

Aquacise *(Marrero location)-A fun and stimulating, ultra-low impact, group exercise class in chest deep water.*

Fitness 101-*For beginners, a low impact, moderate intensity class that will help jump start your fitness level!*

Healthy Joints-*A basic resistance exercise class that includes balance and flexibility.*

Silver Sneakers-*This class utilizes a variety of exercise equipment and makes Fitness-FUN; and in turn it helps to increase strength and stamina, which will also contribute to helping YOU perform regular daily activities.*