

# Group Fitness Class Format Descriptions

## **Family Fitness Classes (Terrytown Location)**

All members are welcome to participate (ages 7 & up)  
See "Kids Group Schedule" for Class Times.

### **\*Kickboxing**

This hi-energy class incorporates martial arts with boxing techniques, in a powerful way, that ultimately boosts the metabolism, burns calories and decreases fat.

### **\*Flow Yoga**

This class is between gentle yoga and power yoga. Each pose flows from the previous pose.

### **\*Zumba, Cardio Dance, Line Dancing**

Innovative dance workouts that combine the best choreography with the best music.

## **Strength and Aerobics Conditioning Classes**

### **\*Tummy Tightener/Core & More/Core Strength**

These classes focus on a flat stomach with specialty classes that focuses on melting fat from the midsection. Build a solid foundation while enhancing strength, flexibility, endurance and coordination.

### **Aquacise (Marrero location)**

A fun and stimulating, ultra-low impact, group exercise class in chest deep water. See *Aquacise Schedule*.

### **\*Boot Camp**

This fun and challenging 'military style' class, mixes traditional calisthenics and bodyweight exercises with interval training and strength training to promote fat loss, camaraderie and team effort.

### **\*Boot Camp - HIIT**

For those seeking the ultimate in High Intensity Interval Training. Ultra-high energy workouts are designed to take your fitness to the next level. All routines are instructed and designed for every level fitness. Our goal is to push you beyond your set limits. Plyo-based training is designed to increase your energy and agility. Then we will take your cardio and strength workout to the next level.

### **\*Kickboxing**

This high-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 aerobic movements with strength and stabilization exercises.

### **\*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.

### **\*Tai Chi**

Tai Chi is an ancient Chinese exercise for total self-development. These slow movements provide relaxation and a path to good health for people of all ages.

## **Dance Classes**

### **\*Zumba, Cardio Dance, Line Dancing**

Innovative dance workouts that combine the best choreography with the best music.

### **Zumba Toning**

This Zumba-inspired class provides a great body-sculpting workout with the same Zumba moves and music you already enjoy, at a slightly slower pace.

## **Mind/Body Classes**

### **\*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 through the basic poses.

### **\*Power Yoga**

A stronger and faster paced class designed to focus on the breath and its relationship to the pose. This practice is a total body workout that creates longer, leaner muscles and a body with more mobility to improve circulation.

## **Senior Specialty Classes**

### **Aquacise (Marrero location)**

A fun and stimulating, ultra-low impact, group exercise class in chest deep water. See *Aquacise Schedule*.

### **\*Fitness 101/Senior Circuit**

For beginners, a low impact, moderate intensity class that will help jump start your fitness level.

### **\*Silver Sneakers**

This class utilizes a variety of exercise equipment and makes fitness fun. In turn, it helps to increase strength and stamina, which will also contribute to helping you perform regular daily activities.