

## Family Ministry Center-Group Fitness Class Descriptions

**Age-Defy 5** - Using a series of poses and simple exercises while standing or sitting in a chair to improve our 5 domains of fitness: Posture, Strength, Balance, Flexibility, and Endurance. There will be no running, jumping, or getting onto the floor. This entry-level program is geared toward those with physical limitations or who want to start an exercise program in a group setting.

**BOOT Camp** - Great for all levels. Every class is different, and you will use free weights, powerlifting bars, bands, medicine balls, Bosus, steps, bikes, kick-punch, calisthenics, plyometrics, basic P.E. drills, etc. You name it, we've tried it!

**Barre** - This class uses various equipment and the ballet barre for a low-impact yet high-intensity full-body workout. It focuses on muscular stability, endurance, mobility, and core strength. This class is not a dance class and is appropriate for all levels.

**CIRCUIT Blast** - This is a FUN class designed with members from beginners to advanced in mind. In this class, you will rotate through a circuit of various exercises that target different parts of the body. Modifications are always offered for members who do not feel comfortable getting on the floor.

**Core Strength & Tone** - A total body workout set to upbeat, Christian music designed to increase overall muscle tone and core strength. This class will use weights, resistance bands, body weights, and exercise balls, emphasizing abs, glutes, backs, and arms. Mat work and standing exercises will be part of every class.

**CYCLE** - By varying your pedal speed and resistance, you will be led through a journey that will simulate everything from easy, flat roads to climbing big hills. You will sprint for short periods and stand on the bike for climbing segments. For all levels.

**FIT and Active** - A class for senior adults combining general fitness, strengthening, flexibility, and cardio to stay active. Emphasis on core strengthening and balance to increase stability. This class is slower-paced and bridges between Age Defy and Low Impact Fitness.

**FLOW** - Promotes flexibility, balance, proper alignment, strength and relaxation by coordinating breathing with movement. For all levels of fitness. Bring a mat or we have one you can borrow.

**FULL Body Burn** - A total body workout combining boot camp, high-intensity cardio, and circuit training. This class is designed to burn each major muscle group while keeping your heart rate up. Each class is different and utilizes various equipment: medicine balls, dumbbells, kettlebells, and body weight training.

**Gentle Stretch** - Your instructor will guide you through stretches, addressing any physical issues you might have. The class will include some beginner yoga and Pilates, which almost anyone can do. Your body will benefit from a full-body stretch.

**Lift Like a Girl** - Say goodbye to little pink dumbbells and hello to kettlebells and barbells. This class will emphasize full body strength training using heavy weights. Cardio portions will also utilize heavy weights for conditioning. Leave your fear at the door.

**TOTAL Body** - This is a fun, upbeat class is designed with members from beginners to advanced in mind. We incorporate cardio, and strength training into every class. We use body weight, free weights, bands, medicine balls, and more. Modifications are always offered for members who do not feel comfortable getting on the floor.

**On the MOVE** - Do you want to improve flexibility and balance while building strength and mobility? Then this is just the class for you. It can be done while sitting in a chair or standing. A perfect class for Senior Adults or those with any limitations. A step up in difficulty from our Age Defy 5 class.

**Power & Strength** - Pair basic strength training with HIIT intervals to get a full-body workout every time. You can expect cardio, plyometrics, weight training, circuit training, endurance training, and body weight training to be compiled into one, for all Levels.

**REFIT® (Women Only)** - REFIT® is a workout you can feel good about! With powerful moves and positive music, you'll discover an inspiring workout that changes your body, mind, and soul. This cardio-focused class is effective and FUN -- perfect for beginners and challenging for fitness enthusiasts (which means it's a workout designed for everyBODY!)

**Tai Chi** - Trained through the Arthritis Foundation, our instructors lead this class through a series of soft-flowing movements that help build connective tissue and improve circulation, balance, and posture.