

Group Exercise Descriptions

Classes	Packages	Member Price	Non-member
Pilates Reformer (Group Sessions)	Single Session	\$35	\$50
	Package of 6	\$180	\$220
	Package of 12	\$300	\$400
Advanced and Beginner Swim (Group Sessions)	Package of 12	\$75	\$200
	Monthly	\$50	n/a

AB EXPRESS

30 min abdominal class using core exercises for all fitness levels

ACTIVE RESTORE

Hard work pays off, but so does hard recovery. Whether you just finished a hard workout or just looking to get better range of motion and flexibility. This class will guide you through movements and stretching positions to reduce soreness and improve muscle elasticity

ADVANCED BALANCE AND STRENGTH

Enjoy this challenging but fun class. Led by two instructors, this class will improve both strength and balance.

CARDIO CORE

Warm up, then fifteen minutes of cardio and fifteen minutes of core work, completed by 5-10 minutes of stretch.

CORE and GLUTES

Total body strength conditioning with dumbbells and floor exercises and balance drills with and without weights

PSYCLING

A low-impact indoor cycling class, appropriate for all ages & fitness levels. The low lighting, motivational music & high energy vibes create a multi-sensory experience that will make your "virtual ride" fun! Improves your overall health, including strength, endurance, power, and bonus: your mindfulness

DIABETIC EXERCISE*

A program for those with diabetes or sugar imbalance. Designed to develop self-management skills. Fee is \$5 per class for members, \$20 for non-members.

EXTENDED YOGA EXERCISE

Basic to extended yoga poses in a 1.5-hour class.

FALL PREVENTION

Centered around functional strength and balance, this class involves exercises to improve your everyday functions.

FASCIA FIX

This class focuses on the neuro-fascial system (the nerves + connective tissue). Through a blend of corrective exercises & self-massage methods using specialized soft rollers & therapy balls, your body will feel aligned, balanced, relaxed and less stiff. (participants must be able to get on the mat/floor.)

FUN FITNESS

Low impact fitness focused on building stronger bones, increasing cardiovascular strength, improving balance, flexibility and posture

FUNCTIONAL FITNESS (30 min.)

15 minutes of stretching to music followed by 15 minutes of strength and balance.

GROUP STRENGTH

A total body workout that moves and supports all the major muscle groups The use of various apparatus, ie, using weights, bands, balls, chair, mats, etc creating an atmosphere of strength training for all ages

HIP HOP FITNESS

Exercise in the form of high energy dance moves. You will learn hip hop movement, while jamming out to the most recent Hip Hop hits.

HIIT it HARD 25 min

Tired of cruising on a treadmill? High intensity interval training balancing hard/fast work along with strategic rest periods. Variety of movement and workout formats keep things fresh and interesting!

INTERVALOCITY

Interval class utilizing 3 minutes of cardio and 1.5 to 3 min. of weight lifting using dumbbells.

MINDFULNESS/ MEDITATION

Learn to focus and reduce stress while relaxing while sitting in a chair

NEW LIFE ACTIVE ADULT

Engage in strength training, core, development, work on balance, flexibility and stretching. Our students are inspired to challenge themselves.

PILATES REFORMER*

Utilizing specialized equipment in a small 9max person class (see floor Pilates description).

PILATES PLUS STRETCH

Pilates technique combined with extensive stretching to enhance core strength and flexibility.

PUSH!

Total body workout using body weight and/or machines to achieve maximum calorie burn. Overall increase muscular endurance, power and strength.

Silver World Dance Jam

New, fun, smooth cardio dance class that targets the core and legs while learning the basic moves to Cuban style salsa, merengue, cha-cha-cha and more! Easy to moderate cardio.

TAI CHI

Chinese martial art emphasizing fluidity, circular motion and a strong base of support in the legs. Circulate the body's energy and improve focus.

YOGA

Based on the Hatha method. Learn specific postures, breathing exercises and meditation to increase flexibility, muscle tone, balance and harmony.

ZUMBA

Latin dance-based, high energy cardio class with resistance training.

AQUATIC CLASSES

ADVANCED SWIM CLASS*

Learn to swim like a pro! Improve your swim technique including stroke, breathing and kick tactics.

AQUA FUN

Combination of cardio, strength and water games.

AQUA CHI

Flowing, yet powerful progression moves combining deep breathing exercises with slow, physical and mental transitional moves.

AQUACISE

Warm-up, stretch, cardio, muscle strengthening, endurance, flexibility, tone and cool down all done in water.

AQUATIC BODY SCULPTING

Low-impact class designed to work the body from head-to-toe by toning and increasing lean body mass.

AQUATIC PLUS

Improve your overall health with this dynamic full body workout that will enhance your balance, strength and cardiovascular levels.

BEGINNER SWIM CLASS*

Learn the basic techniques of swimming. This class is for those who have very little experience or cannot swim.

H2O ARTHRITIS

Non-impact, range-of-motion exercise for the major joints of the body using water resistance.

HYDROBURN

Come burn some calories. Low impact cardio exercises and varied intensity levels and intervals. You'll continuously move in the water from beginning to end of class.

HYDROMIX

Combination of class with Hydroburn and Hydrosulpt

HYDROSCULPT

Class specifically focuses on strength training. Improve on body form, alignment, posture, flexibility for daily living activities

MIND-BODY H2O (30 min)

Train both the body and brain with a variety of movements and postures that focus on flow, balance, coordination and mobility. De-stress.

POWER WATER

This is an intense class working the whole body without stopping. It's is a quick way to burn calories and tone your body all at the same time. A full body workout.

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