



## Active Wellness Center at Reed's Crossing Group Fitness Class Descriptions

### STRENGTH & CARDIO CLASSES

#### AW STRENGTH

A full-body workout using dumbbells, resistance bands, steps, and your own bodyweight with various movements to get you toned and fit.

*\*Intermediate*

#### BOOT CAMP

Empower your mind and body as you train between high and low intensity exercises through timed intervals of free weights, cardio, and balance work. Expect to sweat, burn calories and unleash the warrior in you!

*\*Beginner Friendly - Intermediate*

#### UPLIFT

A super fun, full-body, resistance workout incorporating resistance bands and weights. All choreographed to iconic music to get you toned and fit!

*\*Beginner Friendly*

#### PUMP Your BODY

Target every major muscle group with high reps using weight plates, dumbbells and your own bodyweight. A Total-Body burn for shape and tone.

*\*Intermediate*

#### STRENGTH & RELAXING STRETCH

Experience a variety of exercises using light, medium, heavy dumbbells and bodyweight exercises infused with cardio. Then finish with a head to toe stretch for the ultimate combination of building strength and rejuvenation.

*\*Beginner Friendly - Intermediate*

#### KICKBOXING

Expect to sweat and have fun with this collective class mix of boxing and kickboxing! After the warm up, learn theory and principles. Then focus is placed on mobility and flexibility training with stances, strikes and blocks that move into pad work and cardio HIIT. Finish with core training and a refreshing cool down.



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### REV + FLOW

REV + FLOW is a dynamic workout that's easy on joints. Sculpt your full body with resistance training movements set to music that enhances mobility and overall balance. Feel the difference with straightforward sequences to follow that challenge your body with empowering music.

*\*Beginner- Intermediate*

### BEGINNER L.I.F.T & BALANCE

Improve functional fitness with this skills-based, total body workout, which combines strength and cardio training, stretching for flexibility, balance and agility to help develop strong bones and muscles and improve proprioception. Geared toward beginning exercisers or those returning to a regular fitness routine. Chairs are available and participants are welcome to rest and/or do exercises seated. Progressions and regressions of most exercises are offered.

*\*Beginner-Older Adult- Limited mobility*

### CORE & BALANCE

Core & Balance is a low-impact class for all fitness levels. It focuses on core muscles, not just abs, which are important for flexibility and balance, creating a strong frame for your body that will help prepare you for activities in your daily life.

### BARRE ESSENTIALS

A low-impact workout to tone and strengthen, with emphasis on the lower body, abs and arms. Improve posture and enhance mind body awareness through a dynamic range of functional based movements set to upbeat music.

*\*Beginner - All levels welcome*

### BARRE

Move, sculpt, and strengthen your lower body with this high intensity, low-impact workout. Utilize a variety of equipment with functional exercises all set to the beat of music.



# Active Wellness Center at Reed's Crossing

## Group Fitness Class Descriptions

### DANCE CLASSES

#### CARDIO DANCE FITNESS

Bring REFIT dance into your exercise routine to improve cardiovascular health, boost your energy, and sprinkle fun into your day! A welcoming and uplifting environment for you to benefit guided dance routines.

#### ZUMBA

A total body, interval-style workout that blends cardio, muscle conditioning, balance and flexibility to a strong beat. Boost your energy and metabolism with this dance fitness party!

#### U-JAM

A cardio dance experience that feels more like a house party than a workout. Join the movement right here at the club!

### YOGA CLASSES

#### RESTORATIVE YOGA

Experience gentle yoga offering a wider range of modifications. Focus on slowing down and opening the body and mind through passive stretching to release into deep relaxation.

#### CHAIR YOGA

Chair yoga is a gentle practice that is beneficial to all. In these classes you will use the support of the chair to arrive in yoga poses, move, breathe & ultimately feel good in your body! Benefits of chair yoga include increased mobility, increased strength, stretching the body, stress & reduction, pain reduction & clearing the mind

#### YOGA: PRIMAL VINYASA

Explore creative expression through a continuous series of flows at moderate intensity made variable by individual choices. Break free from your day to day movement patterns with intuitive, natural movement with functional Yoga.

*\*Beginner Friendly - Intermediate*



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### HATHA YOGA

This yoga practices proper alignment with slower, static poses utilizing breathing techniques to enhance strengthened flexibility and balance from all planes of movement.

*\*Intermediate*

### YOGA: TRIFECTA

This is a dynamic and energetic garland of yoga asanas (poses) designed for individuals looking to cultivate strength, flexibility, and balance. Focus is placed on disciplined stability, breath-work, proper biomechanics and alignment, including weight distribution and movement activation. This is a hard workout that will leave you feeling stronger, more energized and pliable with this dedicated practice.

*\*Advanced*

## PILATES CLASSES

### PILATES MAT

Strengthen your core stabilizer muscles and realign posture with efficient movement and small muscle control to focus on lengthening of the body for improved balance, flexibility and coordination.

*\*Beginner- All levels welcome*

### PILATES MAT - INTERMEDIATE

Strengthen your core stabilizer muscles and realign posture with challenging, long hold sequences to lengthen the body for improved balance, flexibility and coordination.

Recommended to those familiar with Pilates.

*\*Intermediate*

### PILATES TONE

A full body resistance workout that incorporates Pilates core exercises utilizing light free weights and your own body weight that ignites!

*\* All levels welcome*



## Active Wellness Center at Reed's Crossing Group Fitness Class Descriptions

### PILATES SCULPT

The ultimate workout with core-strengthening moves, full-body resistance training, and challenging long hold Pilates sequences, to create a calorie-burning sculpt!

*\* Beginner Friendly-Intermediate*

### PILATES RELEASE & RENEW

Restore your body through a combination of targeted Pilates exercises and myofascial release techniques with the incorporation of massage balls. These compressive techniques are used to increase blood flow, and decrease muscle and joint pain by releasing muscle tightness and restrictions in the body's fascia, the connective tissue surrounding muscles and organs.

### PILATES MAT | RELEASE & RENEW FUSION

Pilates mat exercises fused with myofascial release techniques using massage balls for opening and releasing your body for greater range of motion and increased strength.

## AQUATICS CLASSES

### GENTLE AQUA

Experience fluid, low impact, aqua movements that are non-strenuous to improve muscle strength and joint motion.

### AQUA BLAST

An introduction to aquatic fitness with slower movements, intensity, and low impact exercise in the pool. Have fun with this beneficial workout for all levels.

### AQUA BOX

Pump, Kick and Jab your way to this high-powered aquatic boxing workout. Designed to build your cardiovascular and muscular endurance that's super fun and safe. All set to energetic music for a fresh and explosive mix!



## Active Wellness Center at Reed's Crossing Group Fitness Class Descriptions

### HYDRO-FIT

This water workout combines cardiovascular-aerobic fitness and endurance while being gentle on joints. It strengthens, tones, and increases blood flow to muscles using hydrostatic pressure. You'll also enjoy improved movement, stability, and coordination with this energetic water exercise class.

*\*Intermediate*

### HYDRO-POWER

Use the water's resistance to build cardiovascular, aerobic fitness with the benefits of a low impact workout. Increase flexibility, strength, and endurance with this fun class!

*\*Intermediate*

## CYCLE CLASSES

### CYCLE

A 50 minute ride specifically designed to take you on rolling hills with changes in resistance and intensity, coaching you to the sound of heart-pumping tunes. A cardiovascular workout that you can customize to your own fitness level.

### CYCLE FUSION

A beginner friendly, 50 minute ride specifically designed to take you on rolling hills with changes in resistance and intensity, coaching you to the sound of heart-pumping tunes. Experience cardiovascular training on the bike, plus off-the-cycle resistance work to create a stronger body.

*\*All levels welcome*

### RECOVERY RIDE & ROLL

Maximize recovery with this low intensity ride as you warm your muscles, circulate blood flow to flush out metabolic waste, and assist delivery of nutrients to repair. Finish with myofascial release to reduce inflammation and soothe muscle tension. A class designed to aid in healing your body with minimal stress to your system.