

# CLASS DESCRIPTIONS

Defined Fitness is proud to offer group fitness classes for all fitness levels. To achieve the best training results, experts recommend cross-training. Take advantage of the variety of classes at Defined Fitness. The key below will help to determine which classes are best suited for you.

**B=Beginner**  
**I=Intermediate**  
**A=Advanced**  
**S=Senior**

## CYCLING

**Cycling:** Class focus will vary. May include variations of speed, resistance, body position, pedal stroke, heart rate, balance and strength. Class duration- 45 minutes to 2 hrs. Let instructor know if you are new for proper bike set up. Bring a water bottle. **BIAS**

## LAND AEROBICS

### **Belly Dancing:**

Safe, gentle exercises helps to tone the body, increase flexibility, stamina, posture and balance. **BIAS**

**Boot Camp:** This class replicates military drills combining aerobic, anaerobic & strength training segments. May include a variety of equipment. **IA**

**Cardio Blast Interval:** A combination of high/low impact cardio using a variety of fun, easy to follow dance moves. **IA**

**Cardio Dance:** An energetic class that incorporates a variety of dance steps into a low impact cardiovascular workout. **BIAS**

**Cardio Kick:** A nonstop total body workout to increase stamina, strength & flexibility using various non-contact punches & kicks. Great work-out to burn off stress. **BIA**

**Drums Alive:** Provides rhythm & movement with the use of drum sticks & a fitball for a fun & creative class. **BIAS**

**Fitball:** Resistance training with a ball designed to tone & increase muscular endurance and strength, improve balance and coordination and enhance flexibility and posture. **BI**

**Fit & Flex:** A low impact, strength and stretch class with music from Big Band to Rock n' Roll to Disco! **BIS**

**High NRG(Energy):** High impact exercises that may include running, jumping, etc. This class will get your heart pumpin'. **A**

**HighNRG/LS(High Energy/Low stress):** Incorporates both High NRG and Low Impact modifications. **BIA**

**Hip Hop:** A funky dance class incorporating today's hip dance moves. No dance experience required, just a desire to have fun. **BIA**

**Kickbox Interval:** Top to bottom cardio workout focusing on proper kickboxing form and utilizing boxing gloves, focus mitts & other equipment. (All equipment provided) **BIA**

**Low Impact:** Low stress aerobic exercise with one foot always on the floor. Higher intensity moves are demonstrated & optional. **BIS**

**Mid Mgmt (Middle Management):** A fifteen minute class designed to isolate abdominal muscles. **BIAS**

**Sculpt/Powersculpt:** Power movement and strength training used to define all major muscle groups of the body. May include the use of weights, bands and body bars. **BIA**

**Quick Fit:** This 30 minute class uses a variety of equipment to form an intense, interval-type class, alternating between strength training and cardio. **BIA**

**Salsa:** A low impact aerobic workout centered around Latin dance movements. Have fun while exercising those hips and legs. **BIA**

**SilverSneakers I:** Muscular Strength & Range of Movement-designed to increase strength, range of movement, agility, balance and coordination. To improve physical fitness & sense of well-being. **BS**

**SilverSneakers II:** A great compliment to the level I class. Incorporates a great cardio workout with limited use of the chair. **BIS**

**Step 1:** Learn the basic steps and combinations utilizing steps and risers (optional). **B**

**Step 2:** Step class that utilizes all the basic movements found in Step 1, but expands variations and increases challenge. **Prerequisite Step 1. IA**

**Step 3:** An advanced class to challenge experienced steppers by incorporating power movements and techniques. **Prerequisites: Step 2. A**

**Step Interval:** Step combined with High NRG, LI, aerobic movements and patterns. **IA**

**StripTease:** A fun cardio workout using dance moves to get the heart pumpin'. No dance experience required., only a fun attitude! **BIA**

**Tae Bo® Cardio Kick:** Uses classic techniques from martial arts & boxing & adds dance moves all set to music. A controlled and disciplined workout that is a lot of fun. **IA**

**TBC (Total Body Conditioning):** Class incorporates strength & cardio segments using a variety of resistance equipment for a full body workout. **BIA**

**Zumba:** Fusion of Latin & Intl music & dance themes to create a dynamic, exciting & fun class. Mix of body sculpting w/easy to follow dance moves. **IA**

## MIND & BODY

**Yoga 1:** Focuses on balance, strength, coordination and flexibility. **BIAS**

**Yoga 2:** An advanced class based on the principles learned in Yoga 1. **Prerequisite: Yoga 1:**

**Yoga for Cyclists:** Focuses on more flexible hams, quads & glutes in addition to strengthening core & upper body. **BIA**

**YogaStretch:** Designed to challenge you physically & mentally w/a variety of simple & safe yoga exercises. Using a chair for support, you'll increase flexibility & build endurance. **BS**

**Partner Yoga:** Done in pairs using a partner's strength, weight, and active assistance. balance of active and passive stretches. **BIAS**

**Pilates:** Exercise for all levels of ability focusing on strength, flexibility and balance with an emphasis on the core muscles. **BIAS**

**Pilates II:** Intermediate class for people with prior experience. **Prerequisite: Min 4 regular Pilates classes. IA**

**Power Yoga:** A challenging style of yoga linking balance, strength and flexibility using flowing movements with controlled breathing. **IA**

**Tai Chi:** An ancient martial art focusing on relaxation and proper breathing techniques. Emphasis is on coordination, balance and concentration. **BIAS**

**Tai Chi II:** Development of Yang style Short & Long form for the advanced student. **A**

**Yoga Fusion:** This mind/body class brings together yoga with other disciplines like Pilates, sports conditioning, dance and others creating power, grace, balance and flexibility. **BIAS**

## WATER AEROBICS

**Water Movements:** A beginning level class focusing on slow, controlled movements providing full range of motion in major joints and muscles. Especially beneficial for people with arthritis. **BS**

**Adaptive Aquatics:** A class designed for people with arthritis or joint challenges. Taught by certified Arthritis Foundation instructor. **BIS**

**Aqua Fitness:** A high intensity water workout utilizing the natural resistance of water. Designed to improve cardiovascular fitness, muscular strength and endurance. **BIS**

**Aqua Challenge:** A water workout that may be conducted in deep water. Flotation equipment is required and provided. **A**