

Welcome to group fitness at Total Woman. To ensure safe, effective and fun workouts, please do not do your own routine unless you have a special medical condition and have discussed it with the group fitness instructor. **In addition, please be on time for your class and for your safety, do not enter any class once the warm up is completed.** Please take special note of classes that require early sign-up! It is important that you follow the guidelines to ensure your safety and a spot in the class. We welcome your feedback and encourage you to be adventurous and try all of our incredible classes! As always, please consult your physician if you have pre-existing injuries or other conditions prior to taking any group fitness classes.

## *Class Descriptions*

**BODY BLAST:** Define, tone and strengthen your body using weights, bands and even the ball! A great resistance training class! ALL LEVELS WELCOME!

**CARDIO DANCE JAM:** If you like to dance, this class is for you. This class will get your hips swinging and shoulders shaking. Easy, fun to learn dance moves that will include a little Salsa, Cardio Strip Tease and so much more. This class is a great way to burn calories while have a great time.

**C.S.I.:** (cardio/strength interval workout) This cardio/strength combination class alternates strength exercises to sculpt every major muscle group with easy to follow cardio moves incorporating one or more of the following: hi/low, step, cardio drills.

**CYCLE:** A workout without comparison! Simulating an outdoor ride complete with sprints, hill climbs and other terrain, this interval training class will definitely get your heart pumping! Sign up 30 minutes prior to class to ensure a bike!

**CYCLE & PUMP:** Begin with simulating an outdoor ride complete with sprints and hill climbs followed by a challenging set of of resistance training exercises, this intervals training class will definitely get your heart pumping!

**LOW IMPACT:** If you are new to aerobics or returning from a break, this class is for you! It's a great workout with fun moves, clear breakdowns, and special attention. Rev up your metabolism with 35 minutes of cardio followed by toning and stretch.

**MAT PILATES:** An anatomically based class inspired by the Joseph Pilates method. Emphasizes body awareness while building strength and flexibility without excess bulk. Create a sleek, toned body with slender thighs and a flat abdomen. All levels welcome!

**STEP & PUMP INTERVAL:** Experience the ultimate workout in this in awesome class! Alternating sets of intense step combinations and muscle resistance exercises are guaranteed to give you an overall body workout!

**TNT PUMP:** This class begins with a fat-burning hi/lo workout followed by effective toning exercises and a nice stretch. TNT = dynamite.

**YOGA:** Stretching, deep breathing, relaxation, and healing visualizations are used to facilitate release of physical and emotional tension, increase flexibility and improve balance. ALL LEVELS WELCOME!

**ZUMBA:** Get your heart pumping and your hips shaking with a fusion of Latin and international music. With exciting and unique moves that utilize the principles of fitness interval training in easy to follow dance steps. You won't want to miss this fresh new class.

**ZUMBA! BASICS:** Put a smile on your face as you shake and groove to Latin and international music. This class will be low impact with clear instructions and breakdowns.