

Total WOMAN Gym & Day Spa

Glendale

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

ACTIVE YOGA: Flowing Sequences of yoga postures (vinyasa) designed to create strength, flexibility, endurance and balance. Options are offered for a mixed level class.

BALLET BOOTCAMP: This class incorporates the principles of Pilates and ballet for a lengthening and toning full body workout. A majority of the exercises are performed in standing position. All levels are welcome.

BELLY DANCING: Engage your body in the age-old art of belly dancing to tone muscles and burn calories!

BOLLYWOOD: This dance class is a combination of popular dance from Punjab, India and the Bollywood style from Mumbai, India. It will get your heart rate up and your spirit soaring as you groove to its unconventional counts and beat-driven rhythms.

BODY BLAST: Define and strengthen your body in this awesome muscle conditioning class! This workout is designed to define your muscles, build endurance and give you the results you desire!

BOOTCAMP: Reap the benefits of this ultimate calorie-burning workout, which combines the best of cross-training conditioning with speed drills, and power exercising. A complete workout, you will never have a dull moment in this exciting individually challenging 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.

CARDIO KICK: A truly energetic workout where elements of traditional kickboxing are combined with low and/or high impact moves to tone the muscles and get the heart going!

CARDIO & PUMP INTERVAL: Experience the ultimate workout in this in awesome class! Alternating sets of low and high impact cardio combinations and muscle resistance exercises are designed to give you an overall body workout!

CARDIO SALSA: This sizzlin, class is filled with the spice of Latin moves that will give you a great cardiovascular workout. Come and move your feet and hips to the Latin rhythms.

CARDIO STRIPTEASE: An electric striptease aerobic workout. Cardio Striptease provides a safe environment for us woman to get in touch with our "inner stripper", while taking off pounds, extra clothing and even some inhibitions, revealing a healthier you! This class is low-impact, contemporary, fun and easy dance moves, that makes you sweat and feel good!

CORE FUSION: Yoga and Pilates based movements are "fused" with standing balance work, traditional abdominal exercises and flowing stretches to help you achieve long, lean muscles and a flexible youthful body. This comprehensive core workout will leave you feeling strong and refreshed!

CYCLE: (Limited to 19 participants. Sign up at front desk.) 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 in person no more than 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!

HATHA YOGA: Embodies a balance between mind and body and mental and physical health. Focus is on Asana (poses), breathing techniques and meditation. Options are offered for a mixed level class.

HIP HOP: Fun moves, fun music. The latest dance moves are broken down and built in a fashion that allows everyone to follow with ease. So jam through a class of tight grooves and cool moves. No experience needed.

LATIN DANCE FUSION: This class will really get your heart beating and your hips shaking. This is a fusion of Lation and international music with exciting unique moves utilizing the principles of fitness interval training with easy to follow dance steps. You will not want to miss this FUN workout!

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!

SIT 'N' FIT: This class is fun and easy for all. Excellent for members where standing for the entire class might be too much. The class is catered toward seniors and/or members who may have been previously sedentary. The benefits include maintaining and improving functional capacity for enhanced daily living, getting back in shape, and elevating mood while moving to the music. The chair is used for a seated workout, as well as occasional standing support. There is no lying on the floor.

STEP: Low impact movements performed on and off a step platform are geared at optimizing your ability to burn fat! Combinations are designed to ensure success for all fitness levels.

STEP & KICK: Basic to intermediate sets of step and kickboxing combined with high intensity interval training and sport conditioning moves help you break through plateaus and burn mega calories! 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 CARDIO: An exhilarating fat burning program with a fun & effective mix of cardio-based movements. Intensity options are given for all fitness levels.

ZUMBA: This class will really get your heart beating and your hips shaking. Zumba is a fusion of Latin and international music with exciting unique moves utilizing the principles of fitness interval training with easy to follow dance steps. You will not want to miss this FUN workout!