

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*

### **MUSCLE CONDITIONING CLASSES:**

**ABS & ASSETS:** Make your bottom half your better half with a complete workout aimed at toning and defining the muscles in your midsection, hips, buttocks, and thighs. Get ready to feel great about how you look.

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

### **MIND & BODY CLASSES**

**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!

**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!

**POWER YOGA:** A challenging mind/body adventure emphasizing breathing techniques and flow of postures. Sculpt a leaner, stronger body while releasing stress and fatigue.

**RESTORATIVE YOGA:** Gentle yoga poses are designed to restore and re-energize the body, mind and spirit. Great after a long day or week!

**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!

### **CARDIO CLASSES:**

**BOOT CAMP:** Reap the benefits of this ultimate calorie-burning workout, which combines the best of cross-training conditioning with speed drills, plyometrics, and power exercising. A complete workout with the benefits of camaraderie and social support. All levels welcome.

**CARDIO JAM:** If you like to dance, this class is for you. Easy, fun to learn dance and aerobic moves. This class is a great way to burn calories while having 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!

**& CRUNCH:** adds awesome abdominal conditioning to the end of this cardio workout!



**DRUMS ALIVE:** People who drum become noticeably calmer, balanced and less stressed. Join this fun program that increases the heart rate as in traditional aerobic training and has been shown to improve the neurological pathways between the right and left brain hemispheres which can lead to improved concentration and increased sensory and motor abilities.

**HIP HOP:** You don't want to miss this high energy, rockin' cardio class of street dance moves performed to contemporary urban music.

**LOW IMPACT:** Traditional low impact moves are combined to create this great cardio workout ALL LEVELS WELCOME!

**STEP CAMP:** This class is a great combination of upbeat step choreographies and the strength & endurance training of Boot Camp. Enjoy a great overall workout!

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

**TAE BO:** Punch & kick your way to fitness with this dynamic cardio class! All levels welcome!

**TKB (Kickboxing):** Lots of calorie burning with one of the hottest workouts around! Self-defense moves, boxing, kicks are all incorporated into this intense cardio class! Intermediate to advanced 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 GOLD:** A lighter side of Zumba but with the same Latin flavor and fabulous music! This class is excellent for members who want to have a fun, light workout with easy-to follow choreography. The last 20 min. of class will be dedicated to muscle conditioning, balance, and strength.