

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 body 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!

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

TAI-CHI - Come and enjoy this Mind & Body workout. You will work as a group using slow movements to harness energy while increasing joint mobility, balance, relaxation and overall well being. All levels are welcome.

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 DANCE: Don't miss this high energy, cardio class filled with a variety of dance moves. Great music and great moves including, Hip Hop, Jazz, Bollywood, and Salsa!

CARDIO INTERVAL: Experience the ultimate workout in this awesome class! Alternating sets of Low Impact combinations and muscle resistance exercises using weights and bands. Guaranteed to give you an all over body workout!

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 resistance training exercises, this intervals training class will definitely get your heart pumping!



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.

HIP HOP HUSTLE™: So, you think you CAN'T dance? This class is based on very easy to follow dance steps with non-stop movement. No experience required! You will have so much fun you will forget you are working out! Get ready to HUSTLE!

KICKBOXING WITH BAGS: A workout for all fitness levels. Traditional cardio kickboxing moves are combined with bag drills to help you reduce stress and increase cardiovascular endurance. Gloves and wraps are optional.

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 INTERVAL: Join us for a winning combination of step choreography and muscle conditioning exercises. A great workout for all levels.

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!

TKB (Turbo 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.