

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

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

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: This fun and innovative class combines cardiovascular with resistance activities. You will never have dull moment in this exciting individually challenging class. All levels welcome!

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!

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!

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!

& ABS: Simulating an outdoor ride complete with sprints, hill climbs and other terrain, this interval training class will definitely get your heart pumping! This class will end with exercises for the abdominals.

& PUMP: Begin with fast paced cycle intervals, then move on to finish the class with a challenging set of resistance training exercises. The best of both worlds!

IMPACT KICKBOXING: A high-energy, advanced class designed to help you break through fitness plateaus! This challenging class utilizes heavy bags and gloves to ensure that you get a total body workout! Must have gloves to use bags.

LIGHT & FIT: Geared for our members who want to stay fit but are looking for some light moves. This class will involve some light resistance training and cardio.

LOWER BODY BLAST: Make your bottom half your better half with balanced moves and resistance training to refine, define and strengthen your abs and legs! This class will help you enhance your most challenging area!

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!

ROCK-A-BYE YOGA: Let go of your day and find your bliss. This class includes soft, stress reducing movements, gentle stretches and a 20 minute Shavasana to prepare your body and mind for a deep, restful sleep. Come and join us for a brand new format of relaxation.

SALSA: A fun filled dance class for all levels. Move your feet and hips to the latest Latin rhythms. Come and get a little spicy!

STEP: Low impact movements performed on and off of a step platform are geared at optimizing your ability to burn fat. Easy to follow routines. Can be enjoyed by any fitness level.

STEP & PUMP: Get a great cardio and muscle-conditioning workout in one class! Begin with a step segment geared at increasing cardiovascular fitness and end with challenging resistance-training exercises.

TOTAL BODY CUTS: Get energized with motivating music and dynamic resistance training exercises. This awesome workout is specially designed to help you burn fat and increase muscular endurance! Come and enjoy resistance training with a beat!!

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

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. Ditch the workout and join the party! Are you ready to Zumba?!