

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.

# *Total WOMAN Gym & Day Spa*

Placentia

## *Class Descriptions*

**ABS & ASSETS & STRETCHING:** 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. Finish the last half of this class with 30 minutes of beneficial stretching to help reduce the risk of injury and prevent muscle soreness. Get ready to feel great about how you look and feel!

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

**BOOT CAMP:** 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!

**BOSU:** Enjoy a exciting workout on a unique piece of equipment! This innovative class will help you strengthen your core, improve balance, build muscular endurance, and burn calories. (& BANDS) Incorporate bands to work the whole muscle, including the stabilizers where free weights or machines cop out! (& PILATES): A popular non-impact format that focuses on proper core training to improve muscle strength and length, mobility, stabilization and body alignment. Find out how great it feels! A total body workout. Suitable for all levels.

**BOSU BLAST: (& BALLS)** Define, tone and strengthen your entire body using the stability ball. (& BAR) incorporate Body Bars into this full body workout. It's BOSU with a B-L-A-S-T! A total body workout suitable for all levels.

**CARDIO MIX:** Never get bored. This cardio workout combines two to four cardio formats that may include step, kickbox, low impact and/or cycle. Class format changes every time. Abs and stretching always included. Get out of that rut!

**CARDIO SALSA:** This sizzlin' class combines traditional low impact choreography with the spice of Latin moves for a great cardiovascular workout.

**CARDIO SCULPT:** Total body sculpting combining low impact muscle conditioning with high energy cardio segments, creating both muscular strength and cardiovascular endurance for an all-over body workout.

**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! Sign up 30 minutes prior to class to ensure a bike! (& BOSU): and add strengthening and core conditioning exercises on the BOSU. (& PUMP): add interval strength training to this workout! Or move on to finish the class with a challenging set of resistance training exercises. (& CARDIO KICK): adding elements of traditional kickboxing combined with low and/or high impact moves. Sure to tone the muscles and get the heart going! (& STEP): A step conditioning segment is included to round out this awesome class! Sign up 30 minutes prior to class to insure a bike.

**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.

**HOOP-ERCISE:** Learn how to HOOP! Or improve your skills. This low impact aerobic workout will tone your abs, increase cardiovascular stamina & strengthen core muscles. We will incorporate upper body as well. The last half of the class will be offered as a one on one segment allowing members to work on specific moves with instructor. But most of all, you will have fun! Hoops will be provided or bring your own. Space is limited, sign up at front desk.

**MAT PILATES:** Based on the original concepts created by Joseph Pilates, find the connection with your core muscles and learn to develop them. As you progress, your posture will improve, you will become stronger, and leaner through the entire body. Watch out! The transformation of your body will astound you.

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

**SIT & FIT:** Start with modified low impact aerobic moves to get you movin' for the first 15 minutes of the class. The next 30 minutes combines chair accompanied movements with benefits of resistance training to offer a balanced workout!

**STEP:** Begin with a step segment geared at increasing cardiovascular fitness. (& PUMP/CIRCUIT) challenging muscle-conditioning exercises designed to increase strength and endurance done as an interval class or at the end. (& HOOP) Incorporate Hula Hooping to wake up and tone your core ~ as intervals or in the last half of the class.

**TNT CARDIO:** An exhilarating fat burning program with a fun & effective mix of cardio-based movements. Intensity options are given for all fitness levels.

**TURBO KICK (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! (& PUMP) add interval strength training to your workout! Intermediate to advanced levels 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!

**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?!