

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

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.

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

BALL BLAST: Define, tone and strengthen your entire body using the stability ball. Go BALListic with this total body conditioning class.

BODY BLAST: This simplified weight training class is accessible to women at every fitness level. A series of resistance, flexibility and core training exercises are combined to provide you with an overall muscle-conditioning workout! Unleash your body's potential!

CARDIO KICK: 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!

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!

CYCLE & CORE: A combination of two great workouts! A heart pumping cycle workout combined with a 30 minute Core strengthening segment makes this a great overall class.

CYCLE & PUMP: Begin with a fast paced cycle interval training class, then move on to finish the class with a challenging set of resistance training exercises. The best of both worlds! Sign up in person no more than 30 minutes prior to class to ensure 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.

LOW & PUMP: Burn fat and improve overall fitness with this amazing class! Begin with an intense & easy to follow cardio segment followed by challenging muscle-conditioning exercises designed to increase strength and endurance.

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 (Aerobic form of Yoga): A challenging mind/body adventure emphasizing breathing techniques and flow of postures. Sculpt a leaner, stronger body while releasing stress and fatigue.

SALSA: A fun filled dance class for all levels. Come in and move your feet and hips to the latest Latin rhythms. A great workout!

STEP & BALL: A great cardio and stability ball class! Begin with a step segment to get your heart pumping and end with toning and strength training through use of the stability ball.

STEP & KICK: An ultimate fat burning, muscle building workout with step and kick boxing moves fused together - designed to give you a great workout!

STEP & PUMP: 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.

STEP & PUMP INTERVAL: 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!

TAI-CHI: A Martial Arts class that is characterized by soft, slow, flowing movements that are performed with precision. It emphasizes relaxation and is a form of meditation in motion. This class will help you to increase your flow of internal energy through therapeutic breathing and mental concentration.

TNT CARDIO: An exhilarating fat burning program with a fun & effective mix of group fitness basics. Intensity options are given for all fitness levels. 35-40 minutes of cardio followed by a cool down and stretch.

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: 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!