

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 DANCING: 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: Reap the benefits of this ultimate calorie-burning workout, which combines the best of cross-training conditioning with speed drills, and power exercising. A complete workout, you will never have a dull moment in this exciting individually challenging class. All Levels welcome!

CARDIO DANCE JAM: If you like to dance, this class is for you. This class will get your hips swinging and shoulders shaking. Easy, fun to learn dance moves that will include a little Salsa, Cardio Strip Tease and so much more. This class is a great way to burn calories while have a great time.

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!

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 & PUMP INTERVAL: Experience the ultimate workout in this in awesome class! Alternating sets of low and high impact cardio combinations and muscle resistance exercises are designed to give you an overall body workout!

CARDIO SALSA: This sizzlin, class is filled with the spice of Latin moves that will give you a great cardiovascular workout. Come and move your feet and hips to the Latin rhythms.

CARDIO STRIPTease: An electric striptease aerobic workout. Cardio Striptease provides a safe environment for us woman to get in touch with our "inner stripper", while taking off pounds, extra clothing and even some inhibitions, revealing a healthier you! This class is low-impact, contemporary, fun and easy dance moves, that makes you sweat and feel good!

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!

CIRCUIT 101: A 30 minute circuit class designed for women who are new or returning exercisers. You will have personalized attention from a certified instructor. For all ages, shapes and sizes. Come and jump start your workout program!

CYCLE: (Limited to 19 participants. Sign up at front desk.) 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 in person no more than 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 of resistance training exercises, this intervals training class will definitely get your heart pumping!

HIP HOP: Fun moves, fun music. The latest dance moves are broken down and built in a fashion that allows everyone to follow with ease. So jam through a class of tight grooves and cool moves. No experience needed.

LOW & PUMP: Experience the ultimate workout in this in awesome class! Alternating sets of low impact cardio combinations and muscle resistance exercises are designed to give you an overall body workout!

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

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 CHALLENGE: This is an intermediate/advanced class but can be enjoyed by any fitness level. Modifications are included! Step routines and power moves are included for a challenging and fun class!

STEP & KICK: Basic to intermediate sets of step and kickboxing combined with high intensity interval training and sport conditioning moves help you break through plateaus and burn mega calories! ALL LEVELS WELCOME!

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: 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!

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

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!