

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:

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

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!

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

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!

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 over all well being. All levels are welcome.

CARDIO CLASSES:

KICKBOXING: 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.

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!

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!

BOOT CAMP: You will never be bored with this energy packed class. This workout will keep you on your toes with different exercises each week. Exercises may include easy to follow cardio kickboxing, speed drills and strength training to give you one complete calorie burning workout. All levels are 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.

CARDIO CLASSES WITH WEIGHTS

CARDIO/BALL FUSION: This class combines it all. Starting with a Low Impact cardio routine that will get your heart pumping. Finishing with a core workout on the ball that will improve balance, flexibility and strength.

CYCLE & CRUNCH: Simulating an outdoor ride complete with sprints, hill climbs and other terrain, this interval training class will definitely get your heart pumping! A core conditioning segment is included to round out this awesome class. Sign up 30 minutes prior to class to insure a bike.

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!

STEP & CRUNCH: Intermediate step combinations blending classic floor work, with controlled step and standing routines. This workout will ... KICK YOUR BUTT!! INTERMEDIATE AND ADVANCED 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!

STRIDE, PUMP AND CRUNCH: Approximately 45 minutes of cardio training on the treadmills and crosstrainers, followed by abdominal toning and muscle conditioning. ALL LEVELS WELCOME! Sign up at the front desk 30 minutes in advance.

TNT 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!

TRI-AEROBICS: Nothing boring here. A mix of Low Impact, Step and Sculpt is the perfect combination to blast maximum calories and fat. 20 minutes of Low Impact, 20 minutes of Basic Step, followed by 20 minutes of Sculpting. A complete cross training workout all in 50 minutes!