

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.

ALL CLASSES DESIGNED TO ACCOMMODATE ALL FITNESS LEVELS.

Class Descriptions

20:20:20: Your complete workout in concentrated 20 minute segments to address all areas of fitness programming in a well-rounded, hour-long workout. Segments include creative cardiovascular routines, synchronized strength exercises, and fluid flexibility Core stabilization.

ABS & ASSETS: Target your lower body 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.

BALANCE & STRENGTH: Define, tone and strengthen your entire body. Learn to engage and tone core muscles all while improving your balance.

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

CARDIO JAM: A fun low impact dance workout that incorporates jazz; funk, and hip hop moves. All moves are taught at a basic level so anyone can join in and have a great time. Get your heart rate up and get funky.

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!

LOW IMPACT: Burn fat and improve your cardiovascular fitness with easy-to-follow choreography. Intensity is kept at a steady rate, so this class is accessible to all fitness levels.

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: 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 & 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.

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!