

DRHC Group Exercise Class Descriptions:

20/20/20 - A blended class composed of 20 min cardio, 20 min strength exercises, and 20 min abs and stretching.

Body Blast - Welcome to the **ALL** your own body weight workout! No weights or machines - just steps, benches, weighted balls, mats and pull up bars. You are guaranteed to get an amazing workout.

Body Blast / Core Galore - Increase your endurance, muscular strength, and shred your abs all in two back-back 30 minute workouts focusing on your total body and then just your CORE for the final 30 minutes! Exercises include traditional and non-traditional moves utilizing a variety of equipment including dumbbells, bands, stability balls, medicine balls and steps.

Boot Camp - An intense small group exercise program in which a certified personal trainer will challenge you and test your fitness limits. Sessions are typically 6-8 weeks in length and meet twice weekly. Sign up is required and new sessions are usually offered monthly... or get your own group together and we will provide the Trainer. Contact Justin Rada to get enlisted or for more info. ***Additional fees apply***

Build 2 Burn - Get your blood pumping with full - body cardio exercises fused with full-body strength exercises in order to build your Cardiovascular system while simultaneously improving your strength in order to burn that fat! Weights, Stability Balls, Steps, and many various training techniques with challenge members at every level!

Cardio/Sculpt - A High-energy workout using high and low impact movements to challenge your Cardio capacity. (Participants may modify all movements to keep the impact at a lower level). Sculpting with weights or tubing interspersed or at the end of the Cardio segment (instructor's choice) followed by abs and cool down. Very Challenging!

Cardio Vibe - a high-energy cardio class combining kickboxing, dance and cardio drills taught by 1-2 Vibe Fit instructors

Cardio Tennis - Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a tennis professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis.

Circuit - Circuit is a high intensity, advanced group exercise class that involves a series of 20-25 stations set up to incorporate multiple facets of fitness. Each station is timed. The member performs at their own capability, and then moves on to the next station when the time interval is up with minimal rest between stations. Each week the Circuit is different, but will always incorporate every major muscle group, core strength, balance, overall conditioning. There may be different names for a circuit class but they all strive towards the same goal!

Circuit "bata" - The ever popular Saturday morning circuit just got a flare! The class will be modified to be taught in a Tabata style format, using short intense work intervals repeatedly ensuring you burn as many calories as possible and enhance your conditioning in the 60 minutes of class.

Cycling / Strength Fusion - This is a 100% Cross Training class. Designed to fuse cycling with total body conditioning to make sure when your hour is over, you have worked every muscle in your body!

Cycling - This is a one hour high-energy class aimed at the novice and advanced cyclists. The program incorporates music with special riding techniques. Come and join the camaraderie and great fun!

Kettlebell* - a cast-iron weight is used to perform ballistic exercises that combine cardiovascular, strength and flexibility training. Strength and endurance is built particularly in the lower back, legs, and shoulders, and it increases grip strength from movements that mimic real world activities!

Additional Fees Apply

Kickboxing - Not for the weak of heart! This 1 hour class packs in punch and kick combinations using the heavy bag, lots of squats, lunges and core exercises to challenge your entire total body.

Korean Karate - This class is the martial arts of self-defense and discipline, developing confidence and coordination for men, women and children, ages 7 and older. Great for the whole family! ***Additional fees apply***

Mat-Pilates - A method of exercise that re-educates and promotes a process that truly enhances the mind/body connection. Pilates promotes good posture through breathing, proper muscle use and coordination building core strength and flexibility as developed by Joseph Pilates. It's a must!

Mat Power Pilates - A 75 minute intermediate to advanced level intensive Pilates class that will promote proper muscle use and posture while lengthening the muscles and building core strength.

Pilates w/ Props - a 1 hour class that builds on the basics of mat Pilates with the addition of tools such as foam rollers, stability balls, and Pilates rings to further challenge your core strength and flexibility.

Total Body Vibe - a hardcore total body workout using stations taught by 1-2 Vibe Fit instructors

Trekking - Trekking is a 45 minute class taught on the treadmills for an overall cardiovascular workout. The workout involves multiple series of interval style training which includes speed sets, hill climbs on high inclines, or sometimes both! Whether you prefer to walk, jog, or run, Trekking is welcome to all fitness levels!

TRX - Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX® Suspension Trainer™, a highly portable performance training tool that leverages gravity and the user's body weight to enable hundreds of exercises for every fitness goal. ***Additional Fees Apply***

TRX Circuit - Try some of the Basic TRX moves incorporated with other fitness techniques including weights, stability balls, and track work to challenge your strength and endurance

Waterworks - A refreshing one hour aerobic and muscular workout that utilizes the properties of water as resistance for a safe and splashy non-impact workout. Come join the fun!

Yoga - This class is designed to reduce stress! Yoga calms the nerves, increases vitality and improves circulation. In addition, it slims and firms the body. Try it!

Ashtanga yoga - involves synchronizing the breath with a progressive series of postures that produces intense internal heat and a purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.

Hatha Yoga - This yoga class integrates the postures, breathing exercises, relaxation and meditation to harmonize you on every level - body, mind and spirit. It is a mindful and moving class. All levels welcome.

Power yoga - is a generic term that may refer to any type of vigorous yoga exercise derived from Ashtanga Vinyasa Yoga

Yin Yoga - Enjoy an hour of longer duration poses generally targeting the connective tissues of the hips, pelvis, and lower spine. This class is suitable for most levels of students.

Zumba/Cardio Dance - Zumba is a dance style class which combines high energy music, combinations of unique dance moves, and a mixture of sculpting combinations... all resulting in an exciting and effective workout!

Please see the front desk in order to sign up for the following classes- ALL Circuit, Kickboxing, Body Blast / Core Galore and Cycling classes.

Please do not wear any perfumes or lotions to class. Thank You.

Traffic Light System - The "Traffic Light" System is being implemented to help us create the most effective Group Exercise experience we can provide here at the DRHC. They are listed on the Group Ex Description with the trainer names on our website. Here's how it works:

Green Dot= class will remain as is

Yellow Dot= class attendance is somewhat low and may be in danger of being removed from schedule

Red Dot= class will have one month to increase attendance or it will be removed.