

## **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.

**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 Mark Wisneski to get enlisted or for more info. **\*Additional fees apply\***

**Cardio Mix** – This cardiovascular class will give you a variety of ways to get that heart rate going and still keep it low impact to protect those joints!

**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 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 teaching 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.

**Cycle** -- 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!

**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 fee\***

**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.

**Pump it Up** -- Five minute warm up, followed by a full body weight training session covering everything from head to toe! We all need this class!

**Prime Cuts** - Increase your endurance and muscular strength all in one workout with this 60 minute class focusing on total body. Exercises include traditional and non-traditional moves utilizing a variety of equipment including dumbbells, bands, stability balls, medicine balls and steps.

**Step/Sculpt** -- Basic to intermediate patterns stepping on and off of an adjustable platform. Sculpting with weights or tubing interspersed or at the end of the Cardio segment (instructor's choice) followed by abs and cool down. Step into this fun class!

**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!

**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!

**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

**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.

**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!

**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- Circuit, Kickboxing and Cycling.**

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