



# GROUP FITNESS CLASS DESCRIPTIONS

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www.loscab.com

**AB-SOLUTION/ABSOLUTELY CORE:** The abdominals are the focus of these classes; but your entire body will benefit from the workout. Your posture will improve as you strengthen your core muscles.

**BALANCE BY DESIGN:** Maintaining proper balance is important in many aspects of everyday life. Think you are “doing okay” when it comes to balance? Come try a class and find out!

**BELLYDANCE:** Learn the basics of bellydance AND get a great workout too! You will learn elements of bellydance such as posture, alignment, grace and movement patterns. Bellydance is wonderful for toning the midsection and working the abdominal muscles.

**BODYPUMP™** Bodypump is the original barbell workout that strengthens your entire body! Bodypump™ uses the best weight room exercises like Squats, Presses, Lifts and Curls to challenge all your major muscle groups. Great music and your choice of weight will inspire you to get the results you came for – and fast!

**BOOT CAMP FORMATS:** Our variety of boot camp themed classes incorporate both cardio and strength segments in a fast moving, no nonsense format designed to shake things up and challenge your body! Move from your “comfort zone” and start seeing real results in your fitness level.

**CARDIO EXPRESS:** Get ready to shake things up! Cardio express can be a mix of high impact aerobics, group cycle, power step and boot camp drills. A high energy 45 minute class designed to elevate your heart rate and increase cardio capacity.

**CIRCUIT CITY:** Circuit training is a great way to cross train and kick up your fitness routine. Time flies when you’re moving from station to station and before you know it, your workout is done and you’ll feel great!

**CYCLING:** Learn basic cycling mechanics that will improve leg strength, muscular endurance, and build your cardiovascular threshold. Classes include cycling drills, challenging hills and cadence work, all done to exciting and motivating music!

**EXTREME KICKBOX WORKOUT:** This is a fast tempo class that will give you an amazing cardio workout. Students will learn all the fundamentals of boxing and Muay Thai: Basic punching and: This class kicking techniques, footwork and conditioning. Attain a leaner physique, toned muscles and increased overall strength.

**HATHA YOGA:** Hatha Yoga works through the mastery of the body and breath. It involves a system of exercise that trains through physical postures, breathing and relaxation techniques. Flowing postures are connected through vinyasa flow techniques.

**LINE DANCE:** Line dance is offered the first Thursday of every month, at 6:30 pm in the Main Studio. Come and learn some of the latest dances and get a good workout too!

**LOW IMPACT:** A wide range of high intensity low impact aerobics *without* the impact stress of traditional high impact movements. Fun routines and motivating music will keep you moving!

**SCULPT ON THE BALL/POWER SCULPT:** These classes focus on building strength and balance. Weights, fitness balls, rollers and tubing are used to target various muscle groups and tone the entire body

**TURBOKICK:** Join one of the hottest exercise classes around! You’ll kick, punch and groove the calories away in this action packed, super fun, super safe and effective cardiovascular workout!

**STEP CLASSES:** **Try all our varieties of step!** **DOUBLE or CORNER STEP:** Take your stepping skills to a new level! In this class participants use two steps set at angles for a challenging and unique stepping experience. **STEP PLUS:** Advanced choreography for a more intense workout.

**STRIDE:** This is a treadmill group training class where you will discover all sorts of terrain that a treadmill can simulate. Whether you’re a walker, runner or hiker, you will enjoy the experience of group treadmill training with motivation from your instructor/coach. Stride class is also supplemented with strength training work done off the treadmills for the last 15 minutes of class/

Note: Space is limited, so sign up one hour before at the fitness center desk.

**ZUMBA:** Ditch the workout, join the party! Fun music, international dance grooves and a lively atmosphere make Zumba a great way to get fit, whether you are a novice or experienced exerciser. Come and try one of the hottest fitness trends!

*All classes are one hour long, unless otherwise indicated. Look for special markings:*

\* = 1 hr. & 15 min. class  
\*\* = 1 hr. & 30 min. class

**CLASS POLICIES**

1. Classes are a group activity and everyone needs to cooperate so all our members can receive an effective, safe and enjoyable workout.
2. Please do not do your own routine. This is discourteous and distracting to your fellow members and your instructor. If you have a medical condition that prevents you from following the routine, please consult your instructor.
3. Be on time. The warm-up is important to avoid injury. If you are late, warm-up before entering the classroom.
4. Unless you are continuing on to another form of exercise, complete the class with the cool down and stretch. This will help decrease the risk of injury.
5. Be considerate of other members. **Do not crowd a member who has arrived in class before you.** *And, please no reserving places.*
6. Workout towels are mandatory.
7. Please store all equipment (steps, bikes, tubes and weights and balls) in the designated storage areas.
8. Please mute or turn off your cellphone. All cellphone calls should be taken outside of the aerobics studio.