

Class Descriptions

Ab Attack: Focuses on ab & back exercises to improve alignment, posture, & muscle tone. Try **Ab Attack+** for 45 minutes of torso training! For all levels.

Abs & Jump Rope: NEW!! Fun class for those wanting a quick & effective total body workout. Begin with jump rope circuits & finish off with a great ab workout.

Belly Dance Intro: NEW!! A fun workout for all! Great exercise for the abs & lower back! Incorporates a mix of styles from the Middle East. This class is taught for all fitness & skill levels. Then try our new **Belly Dance** class to fine tune your practice! Instructor will help you critique your movements for more control.

Bodyweight Interval: NEW!! Great class for your abs!! This is a fast-paced, efficient bodyweight workout incorporating stability ball, medicine ball, & jump rope. Designed for weight loss, strength building, & endurance. Break out of your old routine & boost your metabolism!

Circuit & Abs: Do you like Ab Attack & Circuit Training? Then you will love Circuit & Abs! This class features a fast-paced circuit-style workout incorporating exercises for the abs & lower back. Come try it!! For all fitness levels.

Indian Dance: NEW!! Bharata Natyam, the classical dance form of Tamil Nadu, India, is well known for its grace, power, expressions, rhythm, and flexibility. In this dance form, there is extensive use of the legs & different hand gestures making it more intriguing. For all fitness & skill levels.

Jazz Dance: Try a fun dance format & get in shape! For all fitness & skill levels. No prior experience required. Please wear athletic attire & athletic shoes.

Jump Rope: FOR INTERMEDIATE TO ADVANCED FITNESS LEVELS. Fun, high-intensity class! Great add-on to any cardio or weight loss workout! Improve stamina & coordination. No experience or skill with jump rope needed.

Kickboxing: Ready for a high-intensity workout? Great for cardio conditioning & endurance. Consists of shadow boxing & cardio kickboxing. Includes exercises for the abs & lower back. For all skill & fitness levels. **This is not a martial arts or self-defense class.**

Latin Dance: Do you like Latin dance but don't know the moves? Come join this FUN dance class! For beginners, as well as advanced dancers. Please wear athletic attire & athletic shoes. No high heels or hard-soled shoes.

Martial Arts: INTERMEDIATE TO ADVANCED PARTICIPANTS PREFERRED. Learn complex combinations & fighting techniques, & develop the endurance necessary for martial arts. New? - Please see Instructor or try our NEW **Martial Arts Intro** class for detailed instruction! **This is not a self-defense class.**

Pilates Mat: Do you want stronger muscles and a more streamlined appearance? This class consists of Pilates mat exercises designed to improve strength & flexibility. Exercises are achievable for beginners while providing an intense workout for the advanced. Participants progress at their own pace.

Pilates+: Improve core strength & flexibility! This class integrates bands, stability ball, Pilates rings, balance discs, & medicine ball into the Pilates mat workout. We strongly recommend taking one of our **Pilates** classes before attending **Pilates+** to learn the basic mat exercises. For all fitness levels.

Power Yoga: Based on Ashtanga principles of yoga, this class consists of fluid transitions between poses for a challenging workout designed to increase strength, flexibility, & endurance. Familiarity with yoga terminology is recommended.

Step: Total body workout consisting of step choreography & resistance training. Includes exercises for the abs & lower back. Want more? For all levels.

Step & Abs: If you like **Ab Attack** & step aerobics, this class is for you. Utilizes creative step choreography for a challenging workout. Includes a great workout for the abs & lower back. For all fitness levels.

Tai Chi: Increase flexibility & core strength while relieving stress & clearing your mind. This class emphasizes proper breathing & concentration as you move through a flowing series of postures. For all levels!

Total Abs: NEW!! Total torso training for strong abs & lower back! Fast-paced interval or circuit-style sports conditioning workout designed to get results. Incorporates stability ball, medicine ball, balance disc, planks, bridges, leg lifts, squats, lunges, & more! Beginners - see Instructor for more info.

Ultimate Dance Fitness: Let the music move you, & gain a new level of cardio fitness! Try new moves - from hip hop to salsa to dancehall to reggaeton! Increase muscle tone & boost cardio endurance. For all fitness & skill levels.

Weight Training: Want help from a Personal Trainer for FREE? Attend this instructor-led workout in our weight room! The class is structured around what YOU want to work on that day - free weights, machine weights, ab work, cardio, or stretching... Let the Trainer know what you want! For all fitness and skill levels.

Yoga: Consists of Hatha yoga poses & breathing techniques to increase overall mental & physical strength, improve concentration, & increase flexibility, plus many other benefits. This class is designed for all fitness levels, & participants progress at their own pace. Great for stress management!

Yoga for Strength: FOR INTERMEDIATE TO ADVANCED FITNESS LEVELS. Challenge yourself with this advanced yoga format! Emphasizes standing poses, planks, & bridges. Poses are held for longer duration.

YogaPilates+: Increase strength, flexibility, & endurance!! Integrates sun salutations, flowing yoga poses, & Pilates exercises utilizing the stability ball, Pilates ring, & medicine ball. Try **YogaPilates** for a **Pilates Mat** & basic **Yoga** workout! You choose the level of difficulty for each exercise. For all fitness & skill levels.

Safety Information

Always seek the advice of your doctor before beginning an exercise program.

Visit your Doctor if:

- You have any type of heart condition.
- You have high blood pressure, or if you don't know if your blood pressure is normal.
- You experience extreme breathlessness after mild exertion.
- You have bone or joint problems.
- You often feel faint or have spells of severe dizziness.
- You have a medical condition that might need special attention.
- You are over 35 and have not exercised regularly.

If you are new to group fitness, or if you have not done much regular exercise, you should start out slowly and gradually increase your intensity level. Exercise at your own pace and comfort level. **NEVER ignore pain during exercise.** If an exercise causes you pain, try a modification or simply don't do it.

If you experience discomfort, dizziness, pain, or feel you need to stop for any reason while taking a group fitness class:

- Do not leave the group fitness area. Alert the Group Fitness Instructor for assistance.
- Ask Clemente Center staff for help whenever needed. We are here for you!