

## Class Descriptions

**Ab Attack:** Strengthen your torso! Focuses on various effective and innovative ab and back exercises to improve alignment, posture, and muscle tone. For all fitness levels.

**Ab Attack+:** This 45-minute toning class concentrates on the muscles of the abdomen and lower back plus exercises for the inner and outer thigh, hamstrings, quadriceps, gluteals, and/or upper body. It's **Ab Attack** and more!!! For all fitness levels.

**Circuit & Abs:** Do you like **Ab Attack** and **Circuit Training**? Then you will love **Circuit & Abs**! This class features a circuit-style cardio workout with an **Ab Attack** at the end. Come try it!! For all fitness levels.

**Group Weight Room:** Want help from a Personal Trainer for FREE? Attend this instructor-led workout in our weight room! If you like working out with others and need incentive, try this class. Includes machine weights, cardio, and flexibility training. Class size is limited so arrive early. For all levels.

**Interval Training:** FOR INTERMEDIATE TO ADVANCED FITNESS LEVELS. This is a fast-paced, efficient workout incorporating cardio, weights, and ab/back exercises. Designed for weight loss, strength building, and endurance. Break out of your old routine and boost your metabolism. Includes free weights, stability ball, and medicine ball.

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

**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 and athletic shoes.

**Martial Arts:** INTERMEDIATE TO ADVANCED PARTICIPANTS PREFERRED. BEGINNERS - Please see instructor. Learn more about martial arts and get a great workout! This class focuses on blocks, kicks, and drills. 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 and flexibility. Exercises taught are achievable for beginners while providing an intense workout for the advanced. Participants progress at their own pace.

**Pilates+:** Improve core strength and flexibility! This class integrates bands, stability ball, Pilates rings, balance discs, and 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.

**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 and lower back. For all fitness levels.

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

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

**YogaPilates:** Like **Yoga**? Always wanted to try **Pilates**? Here is your chance to do both at once! This class consists of Pilates mat exercises and yoga poses designed to improve strength, balance, and flexibility. Participants progress at their own pace. For all fitness levels.

**YogaPilates+:** Designed to increase strength, flexibility, and endurance!! Integrates sun salutations, flowing yoga poses, and Pilates exercises utilizing the stability ball and medicine ball. Progress at your own pace and choose the level of difficulty for each exercise and pose. For all fitness 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!