

# GROUP EXERCISE

## Class Descriptions



### YOGA

#### Chair Yoga (L1) 🧘

A gentle, complete yoga practice including breath, movement and stillness. Stretch, strengthen then relax from head to toe as you revitalize your mind and body. All poses are done with the support of a chair. All abilities are welcome.

#### Yoga Level 1 🧘

Appropriate for new and continuing students who enjoy a slower pace. Emphasizes the fundamentals of poses, alignments & sequencing.

#### Yoga Level 2 🧘

For moderately experienced students, this class may include advanced variations or longer holds of asanas (poses) and may move at a faster pace. Not appropriate for beginners. \*75 min.\*

#### Yoga Flex (L1) 🧘

Rejuvenation practice that increases body and mind flexibility and balance to prevent or recover from injury, improve performance and feel better.

#### Mindful Yoga (L1) 🧘

Gentle stretching & strengthening with a focus on being present with body sensations and cultivating mindful awareness.

#### Mixed Level Yoga 🧘

Instructor is able to modify poses for beginner to advanced participants.

**Aquafit-Shallow (L1)** 💧 Cardiovascular, strength, and core work done in shallow water.

**Aquafit-Deep (L2)** 💧 Cardiovascular, strength, and core work done in deep water. \*45 min.

**Body Blast (L2)** 🏃 Interval style class focused on building muscle and making you sweat.

**Boot Camp (L3)** 🏃 High intensity class combining cardiovascular plyometric moves with full body strength circuits.

**Butts n' Guts (L2)** 🏃 Strictly dedicated to strengthening the core and lower body muscles. \*30 min.

**Core Fit (L2)** 🏃 Challenging strength class focusing on alignment and form using the stability ball to improve posture and core strength. + Stretch 15 min. dedicated to stretching \*75 min. on Thursday\*

**Cycle Yoga (L2)** 🏃 High intensity Cycle / Yoga Stretch: Work hard for 30 minutes on the cycle and then stretch it out & relax for another 30 minutes. The best of both worlds!

**Fit n' Fun (L1)** 🏃 A total body workout that is safe and effective for almost anyone. Perfect for individuals over the age of 55 years young!

**Fitness Fusion (L2)** 🏃 Embrace Yoga with a mix of high/low impact exercises to challenge you differently each class.

**Fitness Intervals (L2)** 🏃 Alternating aerobics dance moves with strength training and abdominal exercise. \*45 min. on Fridays\*

**Indoor Cycling (L1-L3)** 🏃 Motivational music and innovative instructors take your ride on a calorie burning adventure. *Reservations required.*

**Insanity (L3)** 🏃 Cardio workout done in 3-5 min blocks. Work your body to the max.

**Jump/HIIT (L3)** 🏃 Jump rope, lift weights, repeat! Work up a sweat with this total body interval workout. \*30 min

**Kickboxing (L3)** 🏃 Combo of boxing, martial arts and body weight exercises. Kick, jab, cross, hook and uppercut your way to a fitter you!

**Nia (L1)** 🧘 Holistic fitness incorporating martial arts, dance, and healing arts. All levels and abilities welcome. Free to community members.

**Revolve (L3)** 🏃 Class style changes bi-weekly, instructor stays the same, great workout guaranteed!

**Splash (L1)** 💧 Low impact shallow water exercise class focusing on cardio, balance, and strength. Perfect for those beginning an exercise program. \*45 min. Tues., 30 min. Thurs.\*

**Step Plus! (L2)** 🏃 All the benefits from a cardiovascular workout on the step, along with a strength workout using various types of "power tools" (slides, gliders, bands, weights, and more).

**T.B.C. (L2)** 🏃 Total Body Conditioning is a head to toe strength training workout using a variety of equipment. \*75 min.\*

**Turbo Circuit (L3)** 🏃 A fast paced experience that combines strength and cardio moves into one total body circuit.

**Zen Fit (L1)** 🧘 Focused on developing core strength, balance, and muscle endurance using yoga, Pilates principles, and strength conditioning.

**Zumba (L2)** 🏃 Energizing, fat-burning workout using Latin dance moves for a workout that's more fun than it is work. \*75 min. on Sundays\*



Cardio



Strength



Water



Mind/Body

**L1** - Level 1, minimum ability: able to walk. Slower pace, multiple modifications.

**L2** - Level 2, minimum ability: power walk and rise from the floor easily. Medium pace, modifications presented when available.

**L3** - Level 3, minimum ability: run, jump, squat and be able to transition from standing to floor exercises. Fast pace, minimal modifications. Not recommended for participants who are beginning an exercise program.

Look for these Les Mills Classes to be added later this fall:

**BODYPUMP • BODYCOMBAT • SPRINT**

More details will be available at [jccmilwaukee.org](http://jccmilwaukee.org)