

WEST *Group Exercise Class Descriptions*

ATHLETIC ABS, POWER GLUTES: A challenging class focusing on the abdominal and gluteal muscles.

BARRE CORE: This unique workout will include progressive abdominal mat work, and a variety of toning exercises for the hips, thighs and glutes that will challenge and improve stability and balance from head to toe.

BODY SCULPT/STRENGTH FUSION: A strength training workout employing stability balls, hand weights, body bars, resistance bands and med balls to sculpt, define and tone the upper and lower body. Fusion classes may include short cardio interval drills for additional conditioning.

BOOMERS BOOT CAMP: Packed with fun, functional and effective Boot Camp drills focusing on cardio endurance, strength and resistance training while encouraging a healthy life style. This class is designed for the baby boomers or those wanting a regressed and less vigorous format.

BOOT CAMP/WARRIOR BOOT CAMP: Challenging cardio and muscle conditioning exercises combined with a host of athletic drills that will challenge your entire body. Whether you're looking to burn fat and calories, or increase your muscular strength and endurance level, you will find that our advanced Boot Camp classes deliver a comprehensive and balanced approach for the intense and motivated fitness enthusiast.

BOSU CIRCUIT & SCULPT: This multi-functional class is sure to challenge your muscular strength, core stability and balance. Participants will perform cardio circuit drills while sculpting their muscles using hand held weights, body bars and weighted balls; all incorporating the BOSU for an extra core challenge. Complete this training session with additional core work on the BOSU with a focus on better balance

CARDIO CIRCUIT BLAST: An ultra challenging workout where sports drills are performed in a circuit and equally intermixed with sports and specific running drills. This training session is designed to build cardio endurance and muscular strength.

CARDIO MIX: High-intensity, low-impact and easy to follow cardio exercises for the perfect workout. The use of stability balls, hand held weights and tubing is part of the fun.

CARDIO MIX & STRENGTH: A variety of cardio exercises are offered in this high energy, high intensity class, including basic dance moves to pop and Latin music. A strength and stretch session will complete the workout.

CARDIO EXPRESS: Cardio, low-impact dance moves followed by body toning resistance work. Enjoy a variety of music from current top 40 to favorites you remember and love.

COMPLETE CORE: A 30-minute session targeted entirely on the core muscles. Strengthen your core using stability techniques and toning exercises for the torso, abdominals and low back.

Hard Core: An intense, 30-minute conditioning session designed to build strength, stability and power, using an Integrated-All-Core-Muscle Group format. Participants will perform advanced exercises with both equipment and body weight.

HIT+ACC(High Intensity Training+Athletic Cardio Conditioning):

A strength circuit will focus on performing quality weight training repetitions to the point of momentary failure; followed by high-energy cardio and plyometric exercises that are guaranteed to super charge your workout.

INSANITY: This nationally recognized workout is getting a lot of buzz, and best of all, it's for all levels! A high-intensity cardio conditioning class that requires no equipment-just your own body weight and energy. No matter what your level, beginner to athletic, this class is for everyone. No choreography, just basic and efficient moves to torch fat. You will love all the options offered for your personal intensity.

IRON ABS & ARMS: Tone your abs and build your upper body muscles. Participants in this class will use their own body weight, plus a variety of equipment such as dumb bells, body bars, tubing and kettle bells to create leaner, firmer abs, while building the upper body muscles.

P90X LIVE: A total-body conditioning class that uses the science of muscle confusion to help you bust through plateaus and achieve your fitness goals. Modifications are provided for a wide range of fitness levels and abilities. Varying workout protocols keep things new and exciting.

PILATES (Mat Class): Core strength is the foundation of Pilates exercises. This unique system of body conditioning will improve posture, flexibility and balance, while strengthening the entire core, which aids in reducing back pain. All exercises are developed with modifications that make the workout safe and challenging for participants at any level.

POWER FLO: A fusion workout that is low-impact, yet high-energy. It's designed to improve your balance, strength and flexibility. Power Flo is a dynamic and endlessly variable workout that is suitable for all fitness levels.

POWER STRETCH: In this class you will perform a progressive series of exercises that will focus on improving core stability, strength, balance and flexibility.

TURBO KICK: Turbo Kick is a fun way to incorporate kickboxing, dance and martial arts into a high-energy workout.

TURBO KICK EXPRESS/FNC: Come join the Friday Night Club and jumpstart your weekend. This fun and high-energy workout incorporates kickboxing, dance and martial arts. (55 minutes)

WERQ: Build cardio endurance by dancing to today's hottest top 40 pop, rock and hip hop music. WERQ up a sweat on the dance floor to all of your favorite charting hits.

ZUMBA: Dance to the pulsating beat of high-energy music. Zumba incorporates simplified footwork and body movements from Latin, hip hop and other dance forms. It's great for all levels.

ZUMBA SCULPT: Dance to the beat of pulsating music and finish this session with body shaping strength moves.