



## Summit Health & Fitness – Group Fit Class Descriptions – 2017

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CLASS	LEVEL	DESCRIPTION
Athletic Conditioning	ALL	Participants will be challenged in this class to push themselves, building physical endurance and lean muscle. In Athletic Conditioning, we will work the entire body, using drills, equipment and techniques designed to boost strength and agility.
Barre Core Sculpt	ALL	Based on the methods of ballet barre exercises, small muscle isolation and unique angled range-of-motion exercises with multiple repetitions using light weights, resistance bands, chairs and gravity. Body shaping moves for your legs, abs, butt, hips, thighs & arms.
INSANITY!®	ALL	The INSANITY workout is designed in 3 to 5-minute blocks, and you take breaks only long enough to gulp some air and get right back to work. It's called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout. This class includes Plyometric, Upper Body Resistance, Pure Cardio, Cardio Abs, Max Interval Circuit and Recovery.
Butts & Guts Boot Camp	INT ADV	An amazing, energizing workout! This class uses sports drills and calisthenics for speed, agility & power. High Intensity! Butts & Guts is a Boot Camp specifically designed for your abs & glutes! Boot Camp is a unique intense style of fitness! When you want a hard workout- check this out!
Zumba!®	ALL	Zumba is a fusion of Latin & international dance themes that create a dynamic effective fitness workout. A "Feel Happy" class that is fun & easy to do! Come join us for a fantastic workout while dancing the hour away to current dance styles.
Core Express	ALL	A complete core workout for your abdominals, spine, hips and glutes. Various modalities and equipment are used including: BOSU, Pilates, Balls, Gliders, Pilates Rings, Resistance Bands and free weights.
Body Groove	ALL	<b>A new Specialty Class!</b> Body Groove is a completely new and fresh dance workout which will directly get you in touch with your body and offers a positive way to express yourself. Each routine combines fun and simple, low-impact dance steps. Once learned, you can interpret the steps freely. Body Groove offers everything from slow, sensitive stretching to heart throbbing grooves with full power.
Cycle Express	ALL	An indoor cycling class, which combines basic cycling movements along with motivational coaching from an instructor. Interval training, climbs, sprints and flat rides are offered with great music and lots of fun!
Step Aerobics	ALL	This specialty class offers traditional step routines for an amazing and effective aerobic workout.
The willPower Method®	ALL	45 minutes of strength & conditioning exercises, high-energy cardiovascular segments- all equipment-free and barefoot! A full body group exercise class that is a formatted fusion of postures and drills; a workout that is as philosophical as it is physical.
Strength & Conditioning	ALL	In this class you'll develop muscle endurance and definition as you learn the proper form and techniques using weights, bands, benches, with cardio intervals intermixed with core strength segments.
Yamuna Body Rolling®	ALL	YBR® class you learn basic routines which systematically through the entire body, elongating muscles, releasing your spine, improving alignment, deepening your breathing, and increasing your relaxation response. Experience remarkable changes in your body after just one class. Posture Fitness focuses on lengthening our bodies to stand taller with better alignment. Legs focus on work from ankles to glutes, front & side & back.
Yin Yoga	ALL	A very distinct style of yoga that stretches the connective tissue rather than conditioning the muscles, while holding a deep stretch for several minutes. Some believe that yin yoga is the oldest form of hatha yoga.
Yoga	ALL	Dynamic class with an emphasis on alignment, breath, strength, and flexibility. Come prepared to focus on your body, mind & spirit. This hatha yoga class offers traditional yoga poses in flowing sequences called vinyasa. This practice allows you to gain flexibility, improve posture & alignment and reduce stress.
Restorative Yoga Gentle Yoga	ALL	A very gentle and relaxing hour of supported yoga poses on the floor. The only thing you'll have to do is find your breath and allow your body to surrender any stress or tension.
Silver Challenge	ALL	A dynamic and advanced menu of strength training and sustained aerobic conditioning exercises for the experienced athletes who are ready for a more challenging Silver Fitness offering.
Silver Fitness	ALL	Fitness classes designed specifically for the needs of seniors. Strength, Flexibility, Core Strength, Balance & Endurance.
Boxing Conditioning	ALL	This class is a combination of cardio and boxing drills training providing a total body workout, which aims to improve agility, strength, aerobic fitness, speed, flexibility, coordination and balance.
Barbell Strength	ALL	Challenge your muscles, joints and balance while building strength & muscular endurance in this class designed for all fitness levels.