

## Doylestown Group Exercise Class Descriptions

### AQUA CLASSES

**AQUA AI CHI** - Deep breathing, relaxation and slow broad movements inspired by Tai Chi and Qigong. Intended to improve balance, increase strength, decrease pain, and improve body-mind connection.

**AQUA AEROBICS** - Low impact class designed to increase flexibility, range of motion, balance and posture in shallow and deep water.

**AQUACISE** - All over, cardio, toning & muscle conditioning class. Incorporates stretching and range of motion movements. Suitable for all ages and fitness levels.

**AQUA DANCE** - Dive into the rhythm and joy of movement with the benefits of water resistance.

**AQUA DEEP CARDIO** - Low impact class designed to improve joint stability, coordination, heart health and strength. Incorporate cardio and strength in deeper water, using water dumbbells and flotation devices.

**AQUA FIT** - Use the resistance of water to improve strength, flexibility and cardiovascular endurance.

**AQUA INTERVAL** - Challenges participants through timed intervals of moderate to intense exercise.

**AQUA TABATA** - Fast-paced class that will get your heart pumping using a series of 4 minute exercise sequences alternating between short bouts of intensity and rest.

**AQUA TONE & STRETCH** - Increase muscle definition, burn calories, and improve flexibility. Leave feeling refreshed, stretched and energized.

**AQUA ZUMBA®** - Make a splash by adding low-impact, high energy aquatic exercise to your fitness routine. Water resistance creates less impact on joints while still toning muscle.

**CARDIO SPLASH** - Use the resistance of the water to improve cardiovascular fitness, endurance and flexibility.

### LAND CLASSES

**BARRE** - Uses high repetition movements and weighted isometric contractions set to music to tone and sculpt your body.

**BODYCOMBAT™** - High-energy, martial arts-inspired, non-contact workout. Incorporates karate, taekwondo, boxing, Muay Thai, capoeira and kung fu. No experience needed. Modifications offered for all levels.

**BODYPUMP™** - Use light to moderate weights with lots of repetition for a total body workout. Build muscle endurance through THE REP EFFECT to strengthen muscles without bulk. Modifications offered for all levels.

**CXWORX™ (CORE)** - CXWORX is a results program with quick gains that make you stronger and leaner with 30 minutes of core strengthening exercises that challenge all levels of individuals, from beginners to even the most conditioned athlete. This class improves your functional strength while toning and tightening your abdominals, glutes and posterior chain. Mat, resistance band and free weights are utilized during most classes. Modifications offered for all levels.

**GENTLE YOGA** - Restful, calming class includes breathing, gentle flowing movement, passive and supported poses. A perfect beginning yoga class that is also appropriate for those working with injury, limited mobility, or who prefer a softer, gentler approach to yoga.

**GLUTE CAMP** - Targeted exercises that enhance the shape and strength of your glutes, while also incorporating elements to improve overall leg strength and stability.

**HATHA YOGA** - Focuses on a variety of traditional yoga poses, standing and seated. Increase strength, flexibility and posture.

**HIIT REVOLUTION** - Exhilarating high intensity interval training class designed to push your limits and transform your body. Combines innovative techniques to deliver a heart pounding, results driven experience!

**INTERVAL INFERNO** - Strength and cardio intervals with various equipment. Designed to improve strength and cardio endurance.

**KETTLEBELL FLEX & FLOW** - Dynamic fusion of strength training and fluid movement. Combines the power and versatility of kettlebell exercises with a focus on flexibility and flowing transitions to enhance both strength and mobility.

**LIIT** - Less intense than a HIIT workout but still provides all the benefits. Build endurance and strengthens the body with low impact interval sequences combined with body weight training exercises.

**MEDITATION** - Meditation on the focus of breath awareness and body sensations to establish practice within the first foundation of Mindfulness

**PILATES** - Invigorating class enhances strength, flexibility, and body awareness. Offers a balanced approach for all skill levels.

**PURE STRENGTH** - Emphasis on heavy lifting to build muscle through more isolated movements. A full body workout that superset muscle groups resulting in pure power.

**QIGONG** - Combines slow rhythmic movements, meditation and controlled breathing exercises.

**SILVERSNEAKERS® CLASSIC** - Strengthens muscles and increases range of movement for daily life activities. Uses hand-held weights, elastic tubing with handles and a SilverSneakers® ball. Often a chair is used for seated exercises or standing support.

**SPIN** - Includes standing and endurance rides, hills, climbs, intervals and sprints.

**SPIVI SPIN** |interactive indoor cycling experiences that use digital scenery, personal avatars, and real-time performance data to simulate outdoor riding

**STRETCH & BALANCE** - Enhance flexibility, stability, and overall well-being. Integrates dynamic stretching and balance exercises to achieve greater range of motion, improved posture, and a more centered sense of self.

**TOTAL BODY CONDITIONING** - All-level workout combines mobility, flexibility, bodyweight strength and cardio, targeting all major muscle groups, building endurance, and leaving you feeling energized in only 45-minutes!

**VINYASA YOGA** - Synchronize the breath with a progressive series of postures produces internal heat and a purifying sweat that detoxifies. Improve your circulation, flexibility, strength, and calm your mind. More challenging practice form and alignment emphasized.

**ZUMBA®** - A calorie-torching, heart racing, muscle pumping fitness dance party set to energizing music. No rhythm needed!

**ZUMBA GOLD®** - Modified Zumba® class for active older adults that recreates the original moves you love at a lower-intensity. Introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

**ZUMBA STEP®** - Combine the toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Increases cardio and calorie burning, while adding moves that define and sculpt your core and legs.