

# Quakertown Group Exercise Class Descriptions

## AQUA CLASSES

**AQUA BARRE** - Innovative class merges the grace and precision of barre exercises with the resistance and support of water. Designed to enhance strength, flexibility and balance while minimizing impact on the joints.

**AQUA BASICS** - Back to the basics, but with fun and finesse. An aquatic class that everyone is sure to enjoy!

**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 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.

**POWER WAVES** - Intense aqua workout with interval training, plyometrics and power moves to improve cardiovascular fitness, muscular endurance, strength 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.

**BOOTY BOOTCAMP** - Transform your backside with a high-energy class that focuses on sculpting and strengthening glutes. Targeted exercises blend bodyweight movements, resistance training, and high-intensity interval training with low intensity options. Designed for all fitness levels.

**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.

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

**RIDE & BURN BOOTCAMP** - Unique workout combines the best of spin and bootcamp training for fun, effective and invigorating experience.

**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.

**STRENGTH & FLOW** - Total body strength and conditioning class improves strength, balance, mobility and mind body connection. Start with cardio and weight equipment. Cool down with 10-15 minutes of yoga flow fused with kettlebells and resistance bands to strengthen and tone.

**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!

**Y CIRCUIT CLASS** - Held in our Y Circuit room this dynamic workout uses the strength machines and intervals of cardio segments to combine strength, cardio, and functional exercises.

**YOGA** - Fosters body awareness and dynamic balance while improving joint stability, core strength and flexibility.

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