

## Allentown Group Exercise Class Descriptions

### LAND CLASSES

**CHAIR YOGA** - A gentle style of yoga that is practiced in a chair or standing using the chair for support. Great for everyone, as it deepens flexibility, strengthens personal body awareness, and incorporates yoga breathing exercises.

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

**SHINE DANCE FITNESS** - This high-cardio exercise combines jazz, ballet and hip hop moves with calisthenics in a HIIT format for a full-body workout.

**TOTAL BODY STRENGTH** - This class is designed to challenge and transform your entire body! This dynamic workout combines compound movements and functional exercises to engage all major muscle groups, enhancing strength, stability, and endurance.

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