

Suburban North Group Exercise Class Descriptions

LAND CLASSES

AOA FITNESS - Focuses on strengthening muscles and increasing range of movement for daily life activities. Class will use a variety of exercise equipment including hand weights and bands. A chair is used for seated exercises or standing support.

CYCLE - Our instructors will take you on a journey that includes standing and endurance rides, hills, climbs, intervals and sprints.

MUSCLE MAX This class will challenge your muscular strength, endurance and stamina. A variety of strength training techniques will be utilized to challenge your entire body. Muscle Max will boost your metabolism by helping you increase lean muscle mass.

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.

SILVER SNEAKERS CLASSIC - focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

SILVER SNEAKERS YOGA - This class includes seated and standing poses, gentle movements, and variations on essential Yoga moves. This class is intended to increase flexibility, balance and range of motion, and uses a chair for balance and to accommodate different fitness levels.

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