

## 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.

**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.

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

