

GROUP FITNESS



CLASS DESCRIPTIONS

- **Belly Dancing** - Learn the ancient art of Middle Eastern Dance while firming the entire body. This class caters to adult beginners and experienced dancers covering all forms of the dance including veil.
- **Body-ology** - Class is a mix of techniques from Tai Chi, Yoga, and Pilates. Toning and strengthening of all the body parts. Relaxing and restorative pose at the end of each class. Soft lights and music to enhance mind and body control. Great for all ages and body strengths. Come challenge yourself!
- **Dance Rhythms** - A dance-style aerobics class that combines Jazz, Disco, Latin and Country dance steps. Simple, yet demanding low impact choreography make this workout fun and challenging. Second ½ of class mixes it up with **Zumba!**
- **Hip Hop Hustle™** - So, you think you CAN'T dance? Try this!!! Come dance your booty off! We funk-da-fy simple to follow, easy to learn dance steps that allow you to really burn fat and calories! This workout feels more like a night on the town than exercise! No dance experience required! combination of high energy dance moves, great music and fun!
- **KiDz FiTnEsS** - 30 min classes JUST FOR KIDZ!! Mon - Thur 4pm- 6:30pm. Different classes each day. Classes divided by activity and age group. **4 MORE details: Grab a Kidz Fitness Schedule!**
- **Latin Rhythms** - Easy to follow Latin dance moves. Great for all levels!!
- **Muscle Madness** - 30 min class. 30min Ride or Step Express Class precedes this class. ALL WEIGHTS! No choreography! Challenge yourself to a full body workout!
- **Pilates** - The workout facilitates increased flexibility while challenging individuals to maintain core stabilization, develop breathing and postural alignment + balance. Lengthen and shape the body.
- **PiYo™** - Mixture of Pilates + Yoga. Challenge your stability and flexibility while increasing core strength! All the benefits of Yoga + the abdominal strength of Pilates. (~PLUS~ includes exercise props such as balls, bands, weights, etc.)
- **RIDE** - 30 - 55min rides to choose from! Sign ups start for each class 60min prior to the start of class (only 15 bikes.) Please arrive to class 5-10 minutes ahead of time to get your bike set up.
- **Step** - High energy cardio combinations and patterns on the step platform.
- **Step, Jump + Jive** - Come join this high-energy class designed for maximum calorie burn and toning. It's interval training with cardio and sculpting segments intermixed. Cardio sections are high intensity, including Step, jump rope and kick boxing. Modifications given for beginners.
- **Step 2 it!** - Suitable for all fitness levels. Beginner, Intermediate and Advanced. (All options demonstrated.) Classes will alternate, Regular step, Double step, In-line step, Step w/ball, Step fusion/interval. Weight routines will compliment the muscles focused in the step workout. ***Body bar, Bands, Ball's, Gliders + Dumbells will be utilized!
- **Strength + Stretch** - (Functional Fitness) - Tone and strengthen every muscle group for daily activities, posture and quality of life. Lots of stretching mixed in! A variety of exercise tools may be used, such as Stability Balls and Bands to develop muscle strength and balance. (All ages + levels)
- **Strength in Motion** - "Strength and Stretch" combined with small intervals of cardio to boost your heart rate and add a little spring in your step.
- **Tae Kwon Do- Adults (ages 12+up) & Children (ages 6-11)** Non-contact Martial Arts emphasizing safety and non-violence. Stretching, mild running, basic movements, forms, non-contact sparring and self defense techniques. Taught by 5th Degree Black Belts Emily + Steve Swanson.
*******Now accepting NEW STUDENTS at the beginning of each month!**
- **TurboKick™** - Choreographed kickboxing moves in a challenging interval style. Burn 500 - 1000 calories!! Action-packed workout with an incredible cardio challenge. It's a PARTY in every class!
 - **TurboKick™ + Weights** = Turbokick™ mixed with intense weight intervals!
- **Yoga** - Improves muscle tone, flexibility, strength, stamina and circulation. Reduces stress and tension! Beginner to Advanced in the same class! **Gentle Yoga** is a great class for beginners!
- **Zumba** - Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Come join the party!!!

** St. Andrew's may substitute an Instructor or Class at any time, without notice.

Updated 9-1-10



Laughing Builds Abdominal Muscles!