



August - Life Vision Group Class Descriptions

1 - Introduction Level 2 - Intermediate Level 3 - Advanced Level

Athletic Step (2) This step class is a more advanced level class for those who have done step in the past. It includes straddle jumps, lunges, over the step squats and several lower body power moves.

Ball & Mat Pilates (2) Roll back and get toned. This class features 30-minutes of classic Pilates core conditioning and traditional stretch using an exercise ball and mat. Participants must use a mat to cushion the spine during roll ups).

Burn & Tone (3) This challenging sculpting class will compliment your Circuit workouts by exercising the arms, chest, back, and legs for that extra tone and firm body.

Butt & Gutts (2) Improve the appearance of your lower body by toning your legs and abs. High repetition exercises make this workout easy to follow and great for all levels. Participants will use an exercise ball to position and support the body during the workout. Beginners should move more slowly while advance participants can add extra repetitions for more intensity.

Butt, Legs & Thighs (2) This class concentrates on the lower body. Exercises with the step work the legs by performing a series of squats, lunges and power leg lifts. Exercises for the torso are also incorporated using the stability ball, concentrating on the hips and tummy areas.

Cardioball Low (2) A fun and exuberant workout that combines low impact with exercise balls. Participants will burn calories and tone their arms by carrying the exercise ball through flowing motions. Low impact moves like knee raises and march-in-place help raise the heart for cardiovascular conditioning.

Caliente Dance (2) This is a fun & energetic class that allows you to "let go" & shake your body. There are no rules here. You can wiggle your shoulders, your hips and any other parts you want. The most important thing is that you enjoy yourself.

Core Challenge (2) Improve your posture, balance, strength, & overall fitness level by developing strong back and abdominal muscles. An exercise ball will be used to position the body while performing cutting edge core exercises like pikes and roll-ups.

****NEW** Core Control (3)** Strengthen the mid-section of your body in this Yoga class. You will concentrate on developing a healthy tummy, back, and buttocks. Class consists of strengthening and conditioning the body's core. Do these exercises with control and at your own pace.

Discover Yoga (1) Basic Class. If you have never tried yoga or have been afraid to try, this class is made for you. The poses and stretches are easier to accomplish than some of our other classes. This is a good class for beginner participants.

Easy Kick & Jab (1) Cardio kickboxing is a great way to sweat out frustrations and burn fat. The moves are easy on the joints and there are no complicated routines to memorize. Tone your arms with high repetition punching drills and trim your hips and thighs with low, easy kicks. All levels of participants will get results with this workout.

Exotic Fusion Belly Dance (2.5) Learn how to roll your hips and your tummy in this fun and invigorating belly dance class. The moves are excellent for toning the abs as well as exotic enough to dance for your special someone.

Gentle Stretch Yoga (2) This class is designed to help you stretch after your cardio workout or circuit by doing gentle stretches that will target your hips, abs, back, chest, neck and arms.

Kickin' Boot Camp (3) This boot camp class is a powerful combination of cardio kick box and muscle toning movements. You will work all the muscles in your body by using your body weight, tubes and steps. Plan on working up a good sweat and burn extra calories for fat loss.

Long & Lean (2) Get a longer and leaner body with this workout. These exercises are performed slowly and controlled. The extended stretch & sculpting movements utilize all the major and stabilization muscle groups in the legs, trunk and upper body.

Simple Stepping (1) You will be coached with high rep patterns before adding variation. Try without a step for beginners.

Step Party (3) This is an advanced step class that incorporates fancy step and dance movements. Do the "chug," "over-the-top," and "around the bench" in a new and challenging way. The movements are fun, creative, and challenging. We suggest that you get your footwork going first and then add the arms as you progress.

Steppin' Right & Left (2) This workout is perfect for those who are experienced with basic Step patterns, but ready for a little more. The routine is taught as an "add on" sequence that focuses on the right side first, then the left. Both sides are then joined to create a complete routine and a balanced workout.

Stretch & Sculpt (1) Work with Michelle in this basic stretch and sculpt class. This class is designed for those who need more flexibility and muscle tone. It is an easy to follow and non-intimidating program that will help you feel and look better.

Ultimate Cardioball (3) This is a two part class that creates an intense cardio workout using a stability ball and a great strength workout using tubes. You will not only burn extra calories but also develop great muscle tone.