

# Butterfly Life DVD Group X Class Descriptions

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## **American Band Dance – C0014**

Burn calories without realizing it...have fun doing "the Bird", "the Swim". Mashed Potatoes" and several old time dances we used to do as kids.

## **Around The Step – C0008**

Burn fat and improve your coordination while learning stepping patterns that take you up, over and around the Step. This workout is an excellent transition for those who enjoy Low Impact aerobics for it's ease on the joints, yet want to increase their fat burning buy using the Step.

## **Arms, Back and Chest – S0001**

Take 30-minutes and get a complete workout for your upper body! You'll use and exercise ball and resistance tubing to target the back of the arms, shoulders, and chest, and you'll also strength the muscles of your back for improved posture. Beginners should use the easiest resistance tubing and perform fewer repetitions.

## **Athletic Step – C0005**

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. To make it even tougher, you can add a riser under your step.

## **Ball & Mat Pilates – M0005**

Role back and get toned. This class features 30-minutes of classic Pilates core conditioning and traditional stretch using an exercise ball and a mat. This workout can also be used as a warm up before resistance training or a cool down after aerobics. (Participants must use a mat to cushion the spine during role ups).

## **Butt & Gutts – S0003**

Improve the appearance of your lower body by toning the muscles of 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 –S0004**

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.

## **Cardio Ball Low – C0003**

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. This class is perfect for the intermediate exercisers. Beginners should try the class without the exercise ball until they're comfortable.

## **Caliente Dance – C0017**

This is a fun and energetic class that allows you to "let go" and 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. You won't even realize that 30 minutes has passed when it is over.

**Cardio Kicks – C0013**

This Kick box class concentrates on the lower body. Michelle incorporates a series of squats, front kicks, side kicks and back kicks that work your entire hip and buttock area. This class will work a sweat while slimming your legs and hips.

**Cardio Punch – C0015**

This kick box class concentrates on the upper body. You will learn a series of punches, jabs and upper cut movements that will firm and tone the chest, back, shoulder and upper arms. Women typically do not have good upper body strength, and this class is designed to change that, while burning calories at the same time.

**Core Challenge – S0002**

Improve your posture, balance, strength, and 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 role ups. Keep in mind that your balance will be challenged, so beginners should move slowly and keep their hands on the ball or the floor for stability.

**Core Control – M0009**

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.

**Disco-a-Go Go – C0019**

Get moving and dancing and forget that you are really exercising. Have fun moving your head, arms, tummy, legs and booty to the music. Class uses simple dance movements so everyone can enjoy it.

**Discover Yoga – M0006**

This is a basic yoga 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 one for beginning participants.

**Easy Kick & Jab – C0009**

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 level of participant will get results with this workout.

**Full Body Blast – M0008**

This Yoga workout is designed to tighten and tone the entire body with a variety of postures and poses. Be sure to listen to your body and work at your own pace.

**Gentle Stretch – M0012**

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

**Kickin' Boot Camp – C0018**

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.

**Latin Groove – C0007**

This workout features vibrant Latin music with inspiring rhythms. The moves are easy to follow and the attitude is spicy. Participants will dance the Rumba, Cha-cha, Meringue and other popular dance combinations - It will put rhythm in your soul and a smile on your face!

**Long & Lean – S0007**

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

**Low & Go – C0001**

Everyone will enjoy this traditional Low Impact workout! It's fun, uncomplicated, and easy on the joints. Build cardiovascular endurance, improve balance, increase your stamina, and burn fat.

**Lower Body Focus – M0011**

This Yoga class targets the glutes, hamstrings, quadriceps and hips with a variety of postures and poses that will tone, strengthen and add flexibility to your entire lower body. As with any Yoga class, progress at your own pace.

**Movin' & Groovin' – C0012**

Add a little spunk to your program by dancing your way to a fit physique. Participants will learn a complete dance routine that has a little jazz and a lot of soul – all are encouraged to move and groove. Plan on doing this workout a few times before adding arm patterns.

**On the Step – C0002**

Join Georgeanne in a basic step class. It has been designed for those who find step choreography confusing. All the moves and patterns are simple and easy to follow. Don't be fool though, you can get a great workout and burn more calories just by adding risers to your bench.

**Pilates on the Floor – M0007**

Pilates is a relaxing form of exercise. This class has been designed as a basic class for women to become acquainted with some simple Pilate stretches and movements.

**Pilates Flow – M0010**

This is a full body workout that also focuses in the midsection of the body. This class consists of a series of stretches and postures that will make your body more flexible and at the same time add tone to your muscles. This is a great class to de-stress after a long day at work.

**Simple Stepping – C0010**

Advance your Step skills with this easy-to-follow routine. The instructor, Christina will coach you through high repetition patterns before adding on variation. There are no complicated moves around the board, and beginners can try this class without a step platform until they're comfortable with the movements.

**Step It Up – C0004**

Step It Up is the ideal workout for those who want a bit of spirited stepping without all the complicated routines. This straightforward and athletic approach will also help new Steppers learn the basics while burning considerable calories and increasing their metabolism.

**Steppin' Right Left – C0011**

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. (Participants should take their time when working on the backside of the board).

#### **Step & Low Combo – C0016**

Join Cheryl in an easy to follow class that incorporates simple step patterns and low impact movements all in one class. This class is a level 1 class, but can be intensified by adding risers and arm movement patterns.

#### **Step Party – C0021**

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.

#### **Step & Sculpt Intervals – S0006**

Cecily uses the step in this creative combination class. It is an interval training program that burns calories during the cardio portion as well as tones the body during the sculpting sections. If you have reached a plateau, interval training is a great way to get the body moving again.

#### **Stretch & Sculpt – S0005**

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 Cardio Ball – C0020**

This is a two part class that creates an intense cardio workout using stability balls and a great strength workout using tubes. You will not only burn extra calories but also develop great muscle tone. This class is design for the intermediate and advanced exerciser.

#### **Variety Pack – C0006**

This workout takes participants through a variety of introductory dance moves that are typically used to create intermediate choreography. Each move is repeated several times, which will elevate heart rates to a fat burning zone. The instructor, Lori uses an easy style of humor that keeps the workout fresh and inspiring.

#### **Yoga Lower Body – M0003**

This workout will increase the flexibility and range of motion of the lower body as well as provide a sense of strength and grounding throughout the entire body. Participants should approach each pose with a sense of awareness to avoid overstretching. (Participants should bring a Yoga mat. Previous experience with basic postures is recommended).

#### **Yoga Mid Section – M0001**

This excellent Hatha Yoga class is great for those who want focus on their mid-section. Some of the poses require a bit of strength, yet the experience is relaxing overall. Deep breathing techniques and a final meditation will finish off a stressful day. (Participants should bring a Yoga mat. Previous experience with basic postures is recommended).

#### **Yoga Poses – M0004**

This workout features postures for the advanced to intermediate Yoga practitioner. Some poses focus on flexibility while others focus on strength and balance. Participants should draw inspiration from their own accomplishments and take their time becoming familiar with the sequence.

**Yoga Total Body – M0002**

An all over workout featuring classic Yoga postures. Participants will work in a standing position and on the floor. Some postures may challenge the balance and upper body strength of participants. Practice slowly at first and feel free to modify any pose that feels too intense. (Recommended for advanced to intermediate participants).