

## May Class Descriptions

### **American Band Dance**

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.

### **Booty Kickin' Step**

This is an intense and fun Step class. This class incorporates some tricky choreography with "chugs" , rumbas, chas and straddle steps all combined for a great workout.

### **Ball Boot Camp**

This class uses the ball to help you exercise your whole body. This class combines cardio movement exercise with firming and toning exercises using the stability ball as a prop.

### **Ball Pilates 2**

This challenging Pilates class uses the ball as a prop to strengthen the core muscle group and also works the arms and legs at the same time. It is a class for those who want a challenge.

### **Butt & Gutts**

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.

### **Discover Yoga**

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.

### **Kick Boxing**

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**

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.

### **Lower Body Focus**

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

### **On the Step**

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 fooled though, you can get a great workout and burn more calories just by adding risers to your bench.

### **Yoga Total Body**

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)