

## 2023 Rady JCC Group Fitness – Class Descriptions

**ABC's- agility, balance & coordination-** this 40-minute class takes on various formats including stationery and circuit style components where exercises are geared towards improving agility, balance and coordination. Expect an explanatory style of class that uses unique combinations of movement sequences and equipment to challenge and improve your ABC's!

**Cardio/Core** - class includes 30 minutes of cardio intervals, followed by balance and core work; concluding with a stretch.

**Cardio/Muscle-** a mix of freestyle cardio with full body strength training using a combination of tubing and weights.

**Circuit-** this 45-minute class takes a functional approach to strength training, in a circuit format and uses some additional equipment including kettlebells, tires, TRX and more!

**HIIT express** – a high intensity 45-minute class that is structured in intervals, aimed at combining strength and cardiovascular challenges.

**Interval Training-** cross training of cardio and strength exercises to keep your heart rate elevated using bouts of work followed by rest periods.

**Mat Pilates-** A gentle but powerful workout, placing emphasis on core stability and maximizing movement patterns.

**Sculpt-** a full body resistance class, using a combination of dumbbells, resistance bands, and bodyweight.

**Squat & Step-** expect lower body muscular endurance, cardio, and ab-work in this high energy step-fusion class.

**Strength & Stretch (S&S)-** this class provides a combination of strength and conditioning with the benefits of stretching and mobility. It includes 30 minutes of strength conditioning followed by stretching and mobility work.

**Tabata/Active Recovery-** this high intensity class uses intervals of 20 seconds of work and 10 seconds of rest to keep your heart rate elevated in a variety of exercises. The last 20 minutes of class are dedicated to an active recovery, focusing on mobility and deep stretching.

**TRX Intervals-** the TRX is a versatile piece of strength training equipment that allows for a full body strength workout, mixed in with some cardio, calisthenic intervals.

**Yoga Flow-** A holistic approach that uses postures, breath awareness, and relaxation techniques to balance the mind, body, and spirit. Class is suitable for participants new to yoga with emphasis on execution of poses.

**Yin Yoga-** is a slow-paced style of yoga with postures that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.

**Yoga Flow/Yin-** Flow yoga combines and connects postures to one another using the breath as a guide for movement. This class concludes with a restorative Yin practice.

**Zumba-** a cardio workout to the latest Latin beats, this class is as much a party as it is a workout!

**Group Cycle-** This 45-minute class in our cycle studio will test your cardio using a variety of interval and endurance training techniques.

**Cycle/Strength-** this 75-minute class starts with a 40-minute ride that focuses on cardio. Participants then transition to the strength studio where full body resistance training becomes the primary focus and concludes with a stretch.

**AquaFit Combo-** this class combines exercises in both the shallow and the deep ends of the pool.

**AquaFit Deep-** a full body workout done in the deep end of the pool; uses music and tempo to keep the heart rate elevated and major muscle groups activated.

**AquaFit Shallow-** a fun and dynamic class done to music, in the shallow end of the pool that aims to get a full body workout.

**H2O HIIT-** incorporating a variety of interval training techniques including HIIT, Tabata, Pyramid and, more this class will utilize the unique properties of water to provide a full body workout (45 min).

**All classes are 55 minutes unless otherwise stated.**