

Group Fitness Classes

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CARDIO CLASSES

B.L.A.S.T./Body Locomotion and Strength Training Come and have a blast in this combo of low impact floor cardio and muscle strength training. Have fun exploring some non-traditional exercises that challenge your strength, balance and dexterity. This is an intermediate to advanced workout.

INSTRUCTORS CHOICE This class is for everyone that desires to get their cardiovascular / toning done in one class and LIKES VARIETY. The cardio /toning can be a fusion of hi/lo, step, & kickboxing, adding in the use of multiple types of equipment for a total-body conditioning. Prepare to work out.

CARDIO CIRCUIT Challenge yourself with this energetic workout that combines cardio and strength segments in a circuit format. Also includes a core workout and relaxing final stretch.

50/50 FIT The first half of your workout is cardiovascular endurance; the second half is muscular endurance/toning segment through this high intensity workout designed to maximize your workout time.

CARDIO JAM A 60-minute fusion workout that combines cardio segments with muscle conditioning intervals followed by a core workout and final relaxing stretch.

CARDIO PLUS Join this fun and different cardio workout that incorporates various stations of step, BOSU, jump rope, hula hoops and sports drills in combination with hi/low moves. Push yourself to the limit!

CIRCUIT EXPRESS Join this mixture of cardiovascular training along with strength training circuits to get you charged up for the day!

STEP & TONE This 60-minute class emphasizes beginning to intermediate stepping and low impact techniques and combines a warm-up, low impact and step segment and cool-down/stretch.

C.S.I. /CARDIO SCULPT INTERVAL The fast pace cardio / strength intervals will for sure get the blood pumping and your heart rate rising. This class is anything but routine and is completed with a cool-down and stretch.

CARDIO-CORE DYNAMICS Catch the craze by performing cardio core movements in a whole new way. Focus on strengthening your core by doing abdominal and lower back exercises using a variety of training modules. All fitness levels welcome

INDOOR CYCLE This 45-minute high intensity cardio has it all; uses various cycling techniques from hill climbing, sprinting to pedaling at different tensions. Easily modified for beginners. This workout includes warm-up, ride, cool-down, stretch and wiping down the bikes. Bring water!

ZUMBA Fusion of Latin and International motivating music with unique moves to "dance away the worries". "FUN AND EASY TO DO". Features aerobic/fitness interval training combinations of fast & slow rhythms while toning and sculpting the body with easy to follow dance steps.

MIND BODY BALANCE Renew, relax, rejuvenate & balance yourself through this integration of stretching, mind/body techniques & exercise modalities. All fitness levels welcome.

SENIOR & BEGINNING CLASSES



MUSCULAR STRENGTH & RANGE OF MOVEMENT

Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, as a chair is used for seated and/or standing support.

FOREVER FIT This 60-minute class is geared to the needs of the active older adult. The cardio workout is followed by exercises that increase muscular strength, range of motion, balance and posture. This class is good for the beginning exerciser but all fitness levels are welcome.

STRENGTH CLASSES

BODY SCULPT This NON-STOP MUSCLE PUMPING workout strengthens all muscle groups of your upper & lower body. Improve posture; tone arms, legs, & glutes with this multiple equipment workout. Challenge yourself! All fitness levels welcome.

POOL CLASSES

SILVERSPLASH® This class offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special kickboard is used to develop strength and coordination.

DEEP WATER FITNESS This class is held primarily in the deep end of the pool using aqua-jogging belts for an awesome, no impact cardio workout. Recommended for the more advanced participant and offers the opportunity to "turn up the intensity" of the workout.

WATER FITNESS An "all-depths" workout that will teach not only the fundamental skills of working out in the water, but how to target your health and fitness objectives with safe, effective and water specific exercises. Learn how to progress your skills and the intensity to get the most out of your workout.

WATER BOOT CAMP Join this fast paced, high-energy class and you will be ready to tackle anything! This class includes anything from water-kickboxing to circuit training and is recommended for the advanced participant who wants to get the most out of their water workout.

EASY DOES IT – Fee Based Class for non-members. This class is specially designed for those with Multiple Sclerosis or other conditions that affect their mobility. Participants will work on balance, coordination, toning and stretching. This class is also an ideal way for those who have not exercised in awhile to get moving again! MS Society affiliated program.

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For more information, contact Anna Marie Piccolo, Group Fitness Coordinator at 651-255-4763 or fitlady@stpauljcc.org. Updated information check www.stpauljcc.org