

## **Forever Health and Fitness Class Descriptions 2012:**

**H.E.A.T.: High Energy Athletic Training-** Utilizing athletic drills, interval training and strength exercises to take you to the next level. All are welcomed and progressions will be offered. You will feel the HEAT!

**Cardio Tone:** A class guaranteed to keep you on your toes. A variety of different cardiovascular and muscle strengthening techniques to give your body the challenge it needs.

**Core & Stretch:** This workout will challenge your Abdominal & Back muscles then work on increasing your range of motion. This is the workout that should be added to your daily routine.

**The Bosu Challenge:** A Cardiovascular workout on the Bosu attacking your balance, muscle endurance, stamina and core. A challenge from start to finish. \* There is a limited number of Bosu balls, don't be late & miss out on all the fun. First come, first serve.

**Fusion:** The best of both worlds, Yoga & Pilates. These workouts will be fused together for ONE great class. All levels of fitness welcomed.

**Pulling your Weight:** This innovative class combines free weights, body bars and more to target all major muscle groups. All fitness levels are invited to join and build muscle strength and endurance!

**Primetime:** A fun & easy to follow low impact moves to improve and maintain cardiovascular fitness. Group Fitness equipment will help increase bone density and increase muscular endurance. Preferred for the Older FOREVER member or those who are just starting their exercise program.

**T.B.T.: Total Body Toning-**This all-inclusive class is designed specifically to tone & define the body while strengthening your major muscles. Take a break from a calorie-burning cardiovascular class and come target each specific muscle and achieve an all around fit and healthy body.

**Kick, Box & Sweat! :** An Intense Cardiovascular workout focused on getting your heart pumping. A class full of kicking, punching and heart pumping combinations. YOU WILL SWEAT!

**Functionally Fit:** This class combines some aerobic conditioning with strength training, core conditioning and flexibility exercises. It will increase your agility, coordination, balance, range in motion, strength and endurance. All fitness levels welcomed. Come and feel the LOVE!

**Step N Pump:** A complete workout consisting of step aerobics and strength training. Knowledge of Step is recommended

**Step N More:** A Step workout & MORE..... Come check it out!

**Fit To Fight:** A HIGH INTENSITY body weight training class. \* Limited space, Must sign up online. Focus Mitts will be used, personal boxing gloves are required. Come experience the INTENSITY!!!!

**Zumba®:** A dance based fitness class using a fusion of Latin & International music. Its fun, different, easy & effective. JOIN THE PARTY!

**Fit Yoga:** A yoga class that combines the ancient Hatha Yoga practice with modern fitness movements and safety guidelines. All fitness levels are welcomed.

**Heated Power Yoga:** When the week is over, start your weekend with a fresh perspective and a clean slate. This class is designed to help each individual to let go and rediscover themselves through a challenging heated practice. You will learn how to bridge the mind, body and spirit together that will ultimately lead to greater health. If you want to learn how to find your edge and come out with greater strength, flexibility, balance, vitality and abundant energy this is the class for you. All levels and walks of life are welcomed.

**Sunrise Spin, Express Spin, Night Time Spin, Ease On Spin, & Weekend Spin:** Focuses on endurance, strength, intervals, high Intensity ( race days) and recovery. These classes use a special stationary exercise bicycle with a weighted flywheel. A vigorous workout for all levels that burns calories, improves cardiovascular health all while keeping your muscles in shape.  
\*must sign up online & cancel online if you cannot make it \* towel & water required  
\* bike shoes & Heart rate monitor are recommended

**Intro to Spin** ( 25 minutes) offered 4<sup>th</sup> Monday of the month at 5:00 PM  
New to Spin? Try our **EASE ON SPIN** : Classed is geared for new riders.

**Reminders:**

- \* All classes are 55 minutes unless posted otherwise
- \*To preserve our floor, you must CARRY in aerobic shoes
- \*Arrive-on time. The warm-up is an important part of your class, and aids in the prevention of injury
- \*Proper aerobic sneakers are required to ensure your safety
- \*Please use lockers to store belongings
- \* All equipment should be neatly put away
- \*Food is not allowed in the aerobics room at any time
- \*A water bottle (plastic) and towel is recommend
- \*Please be aware of your fitness level. There are many classes to choose from.
- \*Inform your instructor of any changes in your health

