

CITY OF TALLMADGE GROUP FITNESS CLASS DESCRIPTIONS

BARRE – Using a ballet barre or chair, participants challenge their strength and balance by using their own body weight as resistance. Barre mixes elements of yoga, pilates and ballet to give you a complete workout.

BETTER BALANCE- This 30-minute balance training class is designed to help older adults or anyone needing to improve overall balance by challenging your balance system. Class participants use props such as Chairs, Balance Pods and Blocks to safely perform a variety of still and slow-moving exercises.

BOOT CAMP – Test your strength and endurance levels with challenging 20 second intervals of intense cardio and varied strength training exercises. Every minute of this class is designed to boot your body into the best shape ever! **INTERMEDIATE/ADVANCED**

BUILDING A BETTER BACK - Join Margo Terry to learn safe, effective exercises designed to strengthen and build endurance of the lower back and to help maintain proper back function.

CARDIO FUSION/TONING – Forty-five minutes of cardio incorporating weights, Theraballs, Power bars and easy-to-follow step routines along with a variety of aerobic movements. Intense, fun and *never* boring!

CLASSIC CYCLING - Everyone welcome, but fitness is geared to the intermediate rider and the music driven program aimed at a 500 calorie burn followed by 10 minutes of stretching and joint mobility exercise.

CYCLING/SENIOR CYCLE- Come ride with us! Indoor cycling allows you to ride year-round with smooth bikes that are easy on the joints. Intervals, various levels of difficulty, resistance, hill climbs, jumps and more. Sign up at our front desk prior to the start of class to insure a spot. Classes held upstairs.

DRUM FITNESS - Have a blast keeping the beat with this high energy cardio workout!

FORM & FUNCTION- Functional conditioning for the entire body! You will never look at strength training the same again! Balance, stability, and close attention to form are incorporated into every repetition. Improvements in joint strength and stability will noticeably improve your body's function in sports and everyday tasks.

SCULPTING- Muscle conditioning meets basic cardio. This class incorporates dumbbells, bars, tubes, medicine balls, and body weight resistance exercises.

SHOCK ATTACK – Avoid plateaus, burn-out, and working the same muscles the same way yet again. This dynamic class focuses on power, strength, and endurance. Ignite the fire within working with multiple combinations thru multiple planes. Each class is unique and demanding and may include various equipment or none at all.

SILVER SNEAKERS CARDIO CIRCUIT – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with handheld weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with non-impact aerobic choreography. Chairs Available

SILVER SNEAKERS CLASSIC – have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

SILVER SNEAKERS YOGA – Silver Sneakers offers a special yoga class in which you learn gentle, effective stretching that can help maintain joint flexibility and prevent injury. Stretching can also help improve muscle tone and help you relax, both physically and mentally.

STEP AND STRENGTH/STEP INTERVAL- Classic step aerobics, creative choreography and toning are presented with modifications to accommodate every age and level of step enthusiast. Strength training included at the end of each class.

STRETCH/STRETCH FUSION – A blend of movements borrowed from Yoga, Tai Chi, Pilates, rehab and self-massage techniques with a focus on deep breathing, relaxation and body awareness.

TAI CHI - Tai Chi has been called "Meditation in Motion" combining both the benefits of meditation with that of physical exercise. While performing Tai Chi the mind is focused and stress is relieved. Tai Chi also gently works and stretches each part of the body. It increases flexibility and provides a mild aerobic workout.

TONE EVERY ZONE – An upbeat, full body resistance training circuit with a warmup and cool down. Increase lean muscle, strength, and flexibility. Suited for most levels.

YOGA/YOGA BASIC- Experience the benefits of a healthier, more limber body. Learn techniques for breathing and relaxation as you improve your mind-body connection.

ZUMBA/DANCE FIT/LATIN DANCE- Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away! The dance routine features interval training sessions of fast and slow rhythms. Add some Latin flavor and international zest into the mix and you've got ZUMBA and Latin Dance!

SENIOR CIRCUIT- A fun and exciting way to challenge yourself with age-appropriate exercises. Class will include drills that will focus on cognition, strength, flexibility, and endurance. YOU CAN DO IT!