

## JORDAN FITNESS GROUP EXERCISE DESCRIPTIONS 6/2010

**AB LAB** – ALL ABDOMINALS! COME IN FOR AN INTENSE 15 MINUTE SESSION OF STRICTLY ABDOMINAL STRENGTHENING EXERCISES! MODIFICATIONS OFFERED. COME IN AND CHALLENGE THOSE ABDOMINALS IN THE “**AB LAB**”.

**BODY BLAST** – PERFECT FOR EVERYONE LOOKING TO INCREASE HIS/HER HEART RATE WHILE DECREASING BODY FAT! THE ULTIMATE IN CARDIOVASCULAR EXERCISE AND TONING IN ONE CLASS! CARDIO ARRANGED WITH INTERVALS OF STRENGTH TRAINING TARGETING SPECIFIC MUSCLE GROUPS MAKES THIS AN AWESOME OVERALL TOTAL BODY WORKOUT.

**CORE STRENGTH:** SEGMENT FOCUSING ON CORE MUSCLE STRENGTHENING.

**CYCLE TRAINING-** A STATIONARY BIKE CLASS THAT WILL TAKE YOU ON A VIRTUAL RIDE. ALL LEVELS ARE WELCOME AND MOST DEFINITELY ENCOURAGED. PLEASE SIGN UP AT THE FRONT DESK AS BIKES ARE LIMITED !!! REMEMBER YOUR WATER BOTTLE AND TOWEL! \***CYCLE XPRESS** IS A 30-MINUTE CLASS.

**MIXED-LEVEL VINYASA FLOW YOGA-** END YOUR DAY WITH THIS AMAZING CLASS. ALL LEVELS OF FITNESS WELCOME AND ENCOURAGED TO TRY THIS GREAT WAY TO END THE DAY!

**PILATES** STRETCH & STRENGTHEN YOUR MUSCLES WHILE IMPROVING FLEXIBILITY, BALANCE & POSTURE IN THIS ONE-HOUR CLASS!

**POWER HOUR-** AN HOUR-LONG CLASS USING TUBES, DUMB BELLS, BODY BARS AND BODY WEIGHT TO WORK UPPER AND LOWER BODY MUSCLES. A COMPLETE MUSCLE TONING CLASS!

**SMALL BALL PILATES** CHECK OUT THIS CHALLENGING CLASS COMBINING CORE STRENGTH & BALANCE.. GUARANTEED TO JUMP START YOUR DAY !!!

**STEP-N-TONE-** COMBINES BASIC STEP WITH STRENGTH TRAINING TO ACHIEVE THE ULTIMATE FAT BURNING WORKOUT.

**STRETCH-**REWARD YOUR BODY WITH SOME STRETCHES WHICH WILL BENEFIT YOUR ENTIRE BODY!

**ZONE**-1/2 HOUR SEGMENTS FOCUSING ON STRENGTH TRAINING

**20/20/10/10-**THESE WORKOUTS COMBINE SEVERAL DIFFERENT COMPONENTS INTO ONE FULL-BODY WORKOUT.!!

**YOGA BASICS** –FOR ALL LEVELS.. LEARN THE POSTURES WHILE PAYING CLOSE ATTENTION TO PROPER ALIGNMENT & BREATHING. THIS SLOWER-PACED CLASS IS IDEAL FOR ANYONE RETURNING TO THE PRACTICE AFTER AN ABSENCE OR INJURY OR FOR THOSE WHO PREFER A SLOWER, GENTLER PACE OF A HATHA YOGA CLASS!!

**ZUMBA-**LATIN INSPIRED DANCE EXERCISE CLASS FOR ALL LEVELS! (ADDITIONAL FEE..SIGN UP AT FRONT DESK REQUIRED)