

## Group Exercise Class Descriptions

Revised 11/09

\*\*\*Inclement weather policy\*\*\*

If Wake or Harnett county schools are on a delay or cancelled, classes could be cancelled due to weather conditions. Please check with the front desk by calling ClubWorx at (919) 567-3400.

**30/30/30:** Bring out the triathlete in you! This class starts in the pool for 30 minutes, then moves to Rev room and cardio deck to finish the workout. You are welcome to join any section of the class with proper warm up.

**All Abs (AA):** Just what the title says....a 30 minute class targeting your core for the ultimate burn!

**All Glutes (AG):** Like its sister class, it's a 30 minute class focusing on your lower half! Put those two classes together for one whole hour and get a rockin' belly-busting, booty shaping class.

**BODYPUMP™** : is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

**Cardio Crunch (CC):** Get 30 minutes of heart pumpin' cardio to burn fat and tone your body with a second 30 minutes of "All Abs."

**Cardio Funk (CF):** An easy and fun cardio class choreographed with jazz and hip hop influences, taught in an add-on format. Get ready to bring your funk!

**Circuit Training (CT):** A new class for all levels of participants! This class will consist of 12-15 stations which will alternate between cardio and strength training in one minute intervals at each station. You'll be amazed at how hard you can work and the results you'll gain by alternating your levels of intensity.

**The Movement Series (M, SM, YM):** Whether you're looking to improve or transition into a regular workout routine or to maintain your current level of fitness, The Movement Series is an excellent choice. Movement (M) workouts will assist you in regaining or maintaining your cardiovascular endurance...you pick the intensity! Strong Movement (SM) consists of functional strength training for members new to strength training as well as those ready to push their limits. Yoga Movement (YM) is an introductory yoga class that focuses on flexibility, range of motion, balance and is great for all ages!

**Group Strength Training (GST):** This is a one hour strength training class that offers a total body workout with weights designed to target each major muscle group.

**Kick Boxing (KB):** Boxing punches, kicks and lower body moves are used to blend boxing techniques and martial arts into an intermediate to advanced level athletic training class.

**N10C :** Tread and Shed meets Group Strength Training for one INTENSE cardio cross training circuit style class. Come prepared to sweat.

**Pilates (P):** Pilates mat exercises concentrating on the "powerhouse" for core strengthening along with stretching make this class a great non-impact workout you don't want to miss.

**RevMaster (RM):** Start pedaling and let go as your instructor takes you on a tour de France. This exercise class on stationary cycles is perfect for any fitness enthusiast. Class size is limited.

**Rev/Run:** Do you like to run and cycle? Then join us for this one hour class where you start out revving and run your way to the finish line.

**Step (S):** A great workout using the Reebok Step. Class includes warm-up, step choreography and cool-down for pure cardio.

**Step Interval (SI):** Alternating segments of high-energy step aerobics, paired with muscle conditioning segments. A great way to build strength and overall fitness.

**Tread and Shed (TS):** Designed to accommodate all levels of walkers and runners. Experience the different combinations of inclines and speeds that a club treadmill can offer. Class size is limited.

**20/20/20 (TTT):** Do you like everything but don't have the time? This cross-training format is designed to maximize your aerobic training. A triple combo class that incorporates three- 20 minutes segments of any of the following: step, kickboxing, hi/lo, sport conditioning, and or strength training is guaranteed to keep your heart beating. Each individual instructor calls the shots so it's new and fresh week to week.

**Yoga (Y):** Yoga classes at Clubworx generally follow various styles such as Hatha Raja and Kripalu disciplines. Each instructor is unique in their teaching. Come try them all.

**Zumba (Z):** Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!