

McLeod Health and Fitness Center

Group Fitness Class Descriptions

Ab Blast

It's crunch time. Come join us for an intense 10-15 minute abdominal conditioning class.

Barre

Set to fun and energetic music, the barre class incorporates an upper body workout and a combination of high-intensity sequences of thigh, seat, and core exercises at the barre. Each class is designed to let you feel invigorated, challenged, and inspired.

Burn and Firm

Get it done all in one class -- cardio intervals to burn calories mixed with strength/toning intervals to strengthen and tone muscles.

Cardio HIIT

End your work week and start the weekend off in the best way with this **High-Intensity Interval Training** class. This interval based class alternates timed cardio intervals with high intensity strength segments; We've varied to teachers to vary the workouts; no two will be the same. Come hit the studio on Friday nights and get a total body workout in only 45 minutes.

Cardio Kick Box

A high-energy workout that combines kick and punch combinations with fast-paced cardio. Increase endurance, improve coordination, and build muscle with this fun and challenging workout!

Core Express

30-minutes dedicated to working your core – strengthen abdominal and back muscles. This core work is much more than crunches!!

Dance Fit

Add some fun to your cardio routine! Dance step-by-step to easy-to-follow combinations that will tighten, tone, and make you sweat. With routines to today's top hits (as well as a few throwbacks), you'll forget you're even working out!

Fun → Fitness

Ready to get Fit!! Then get ready to have some fun. This energetic class is perfect for those who prefer a lower impact aerobics class and those who are new to exercise. Come on in and let the music move you.

HIGH Fitness

Aerobics is back! Bigger, Better, HIGHer! This fun class incorporates interval style training, cardio, and strength with music you love, and strong, easy to follow choreography. Whatever your fitness level is – HIGH has a place for you. Come get addicted to fitness!

Insane Cycle

We've combined a high intensity cycle class full of drills, hill climbs, and power intervals with the **Insanity** program to create one awesome, insane workout. Get ready to see RESULTS. Dig Deep® -- you can do this!

Instructor's Choice

This class will offer a different cardio format each week. Call the Hotline (777-3232) to check for class format and instructor name.

Pilates Mat

Based on the classical Pilates sequence, this class provides the basis for a life-time of health. Your body WILL change as Pilates mat work is the alpha and omega of core workouts. **Pilates Mat (The Basics)** teaches you the basics of the classical Pilates sequence.

Power Cycle

Pedal your way to a healthier you. This high intensity, interval training indoor cycling workout is designed to improve performance, increase strength and endurance. This class combines energizing music with power-packed intervals, aggressive hill climbs, and drills to push you to your personal edge! **Power Cycle Express** packs this workout into a 30-minute time frame. Get ready to sweat!

Power Step

Get ready for a full class of non-stop step for the intermediate to advanced stepper.

Sculpt U.

This class sculpts your body while educating participants of proper body alignment and form. This total body workout matches traditional strength training movements to music creating a great exercise experience for each participant.

Step Challenge

Challenge your brain as well as your body with this choreographed Step class. Intricate combinations take this step class to the next level.

Strong by Zumba

Stop counting the reps. Start training to the beat! This class combines body weight, muscle conditioning, cardio, and plyometric training moves with every move synced to music that will drive you to do your best.

SWEAT!

Don't let the words "low impact" fool you. This low impact, barre- inspired class will have you sweating and working hard as you tone your muscles and burn those calories. A blend of body weight exercises with full range and isometric movements, this class provides a total workout. Come join the fun and SWEAT!!

Tai Chi - A Practice

A class for all students of Tai Chi. Class will be taught in a progressive manner to accommodate practitioners of all levels of Tai Chi instruction. Please note: Group Fitness participants in this class must have completed the 6-week Introduction to Tai Chi Class.

Trekking

This treadmill-based class is the perfect workout for walkers and runners of all levels. Take your fitness goals to the next level using a variety of speed, climb, and endurance intervals. Get ready to sweat!

X-treme Chaos

Ready to push yourself to the max -- X-treme Chaos is for you!!! You'll never know what to expect -- but each class is guaranteed to have you asking "Can I do it?" You'll amaze yourself when you find the answer is "Yes, I did!!".

Zumba

This fun-filled hi-lo impact cardio class combines Latin moves, hip-hop, funk, and belly dancing! You will have fun with this one! Ditch the workout -- Join the Party!!!

Yoga Classes at McLeod Health and Fitness Center:

Yoga classes are challenging classes for all levels. These classes combine flexibility training and functional strength exercises to balance muscles, improve core strength, and promote self-awareness and overall well-being.

Gentle Yoga

Come experience the softer side of yoga. Perfect for those who are looking for a more relaxed/restorative workout.

Yin Yoga

Yin Yoga is a different form of yoga which is focused on longer holds and breath. Yin will nourish the joints and connective tissues of the body resulting in a fully rested central nervous system.

Power Yoga

Power Yoga is a combination of strong, flowing movements to create a high-energy workout. (Prior yoga experience is preferred in order to participate in Power Yoga.).

Slo-Yo

A slower yoga experience perfect for a Sunday afternoon.

Sunrise Yoga

An early morning yoga flow for all levels. Extra emphasis is placed on form making this a readily accessible class for everyone bold enough to wake up this early.

Vin - Yin Yoga

This class starts with a 30-minute energetic flow, linking breath with motion to build heat, endurance, flexibility followed by stretches held for longer periods of time.

Yoga Sculpt

This yoga class adds light hand-weights to the practice of yoga to increase muscle strength. Come give this class a try!