

KATHY'S HEALTHCLUBS

GROUP FITNESS CLASS DESCRIPTIONS

We want every member to enjoy keeping fit as much as we do. Toward this end, we will provide a fun, safe, welcoming, and non-competitive fitness environment. We will also present and encourage modifications to make our classes approachable for all fitness levels. Thank you for allowing us to help you give yourself the ultimate gift of fitness.

*Kathy's Healthclubs, San Ramon & Pleasanton, **Group Fitness Instructors***

CARDIO

Step/Basic Step/Step Interval: These choreographed cardio workouts use the aerobic step. Power moves and fancy footwork options are added to boost intensity. Balls, bands, and/or light weights break up the step choreography in the interval format.

Cardio Sculpt/Floor/Kick Circuit: These cardio workouts will keep you moving with fun choreography and lots of options to increase intensity. Balls, bands, and light weights may be added for variety and strength training.

Ball Interval: The stability ball provides an overall body conditioning workout with an emphasis on core stabilization. Have a ball working on your cardiovascular endurance, strength, and balance.

Boot Camp/Aerobic Abs: Cardio and conditioning without fancy choreography or heavy lifting. Steps, cycles, balls, jump ropes, weights, bands, etc. are all fair game in this diverse workout.

Kickbox/TurboKick: Learn martial arts and boxing moves while improving balance, flexibility, and stamina. Kickbox is a drill style cardio workout which suits those who don't like choreography. TurboKick is more choreographed.

Kick Boot: A boot camp workout with a kickboxing flare. Develop flexibility, strength, and stamina using martial arts punches and kicks, calisthenics, and cardio equipment.

Cycle: The toughest or easiest cardio workout in the gym. You control the intensity of your ride through speed and resistance adjustments. Standing work is optional, but those choosing to remain in the saddle may want to bring a gel seat for comfort. Bike setup, riding form, heart rate, and perceived exertion are reviewed in every class.

Cycle Circuit: Challenge your cardiovascular and strength endurance. This cycling workout has intervals of high repetition sculpting using calisthenics, light weights, balls, and/or bands.

Dance Attack: A variety of dance styles and patterns are combined to produce a fun and energetic low impact workout. Come swing your hips and pretend you're on Broadway.

Dance Fit: Low impact, easy dance steps, light weights, and lots of fun. This is a great workout for anyone who wants to try a group fitness class, but needs to start slow.

Fit Mix: Cardiovascular, strength, and core training all in one class. This is a classic cross-training workout that may use steps, bikes, balls, dumbbells, bands, or barbells.

Zumba: It's "Exercise in Disguise." A fusion of Latin and International music and dance creates this dynamic fitness system that sculpts your body while you get a great aerobic workout. You won't want to miss this dance party.

Aerobic Drums: Try this new high energy aerobic workout which combines dance, powerful rhythm routines, and drumming on the Stability Balls. It's exercise made fun!

STRENGTH

Sculpt/Ball Sculpt: Dumbbells, barbells, balls, and bands are used to strengthen major and minor muscle groups. Select an appropriate weight for your fitness level to achieve increased bone density, metabolism, strength, and definition.

Cardio Sculpt: All the benefits of a sculpting workout with some cardio thrown in.

FLEXIBILITY, STABILITY, CORE CONDITIONING

**Shoes and a Yoga/Pilates mat are optional.

**Please understand that, because we are a health club and not a Yoga or Pilates studio, we cannot provide a quiet environment for a meditative practice.

Yoga Fusion/Yoga Fit: Improve flexibility, mobility, and strength in a way you can see and feel by blending methods from mat science, yoga, Pilates, and sports training. Reduce tension in your muscles, lubricate your joints, and refresh your body.

Pilates: Exercises are based on the principles developed by Joseph Pilates to enhanced posture, mobility, balance, and core strength. Proper spinal alignment and technique are stressed. Modifications allow everyone to work at their own level. Tools such as stability balls, bands, and light dumbbells may be used.

Yoga/Yoga Stretch: Conscious awareness of muscle movement and breath is emphasized in our Hatha style Yoga classes. You'll experience a combination of Vinyasa (flowing), Kundalini, Ashtanga and Viniyoga styles. Isolated and flowing poses will develop strength, balance, and flexibility. Modifications are presented and encouraged.