

# January 2018 Group Exercise Class Descriptions Plainsboro

## **Cardio/Aerobic Classes**

**BODYCOMBAT™:** Boost cardio fitness and benefit from total body conditioning in this martial arts-based workout.

**BODYVIVE™:** A total body workout combining a multi-impact cardio segment, resistance training, core work, balance & stretch all in 55 minutes.

**BODYSTEP™:** Your favorite Step class and more. Athletic approach to target the entire body both strength and endurance.

**Bootcamp:** An energized fusion of cardio, core strength, speed and agility, and muscle endurance. A fast paced class for all levels of fitness!

**Boxing:** Jab, cross, hook, and upper cut your way to a lean sculpted body using heavy bags, boxing gloves, and boxing drills.

**Burn, Firm & Core :** Move It, Firm It, Own It! A combination of cardio and muscle definition work using some equipment. Take it high or low! Abs too.

**FIT101:** A low impact, total body conditioning class with cardio, strength, balance & core work. Beginner to intermediate levels.

**Piloxing™:** A fusion of Pilates and Boxing; high energy class taught in barefeet using the principals of two styles and making it fun and energizing.

**Step/Mixed Levels::** A high energy cardio class combining step work with core strength, muscular endurance, dynamic balance and flexibility.

**Step & Sculpt:** A dynamic combination of step aerobics and med level toing work for total body

**Step n' Tone:** A dynamic combination of step aerobics and low impact toning.

**STRONG by Zumba:** Not a dance class. A 55 min high intensity interval training class set to dynamic music. Bring a towel & get ready to sweat!

**Tabata:** A HITT (high intensity interval training) program to work your cardiovascular system to burn some serious calories. Express class 30 minutes only. Bring water and towel.

## **Cardio/Dance Classes**

**Asian Pop Dance:** Music from the Far East and dance style made popular in Asia.

**Ballroom Dance:** Learn the basics of ballroom dance. Waltz, Swing, Foxtrot, Tango and more. No partner necessary!

**Belly Dance:** Learn the exotic and sultry belly dance routines. Great workout for your core. Everyone welcome!

**Bollywood Dance:** Dance to the music of popular Indian filmmakers; If you enjoy Zumba, you must try this class.

**Flamenco Dance:** Learn the essential technique and style of this powerful & passionate dance form. All levels welcome. Wear dance shoes or sneakers.

**Intro to Ballroom Dance :** Master basic steps, rhythms and partnering skills in popular dances for special occasions: merengue, rumba, cha-cha, waltz, Foxtrot, and swing. Take class with or without your own partner. We use a rotation system **so everyone is welcome even w/o a partner.**

**Intro to Jazz Dance:** This dance class that explores various dance principles and techniques including, ballet, contemporary, jazz, and modern dance.

**NIA™:** Nia is a fusion of cardiovascular aerobic exercise, dance and whole-body conditioning set to motivating music. Preferred in barefeet but sneakers welcome.

**PiYo™:** PiYo is a cardio class inspired by yoga moves. No yoga experience needed and can be done in barefeet or w/sneakers.

**Zumba:** An exhilarating, Latin-inspired, calorie burning fitness dance party!

**Zumba Gold/Lite:** Same great Zumba class but lower impact!

## **Resistance, Toning, and Strength Training Classes**

**Balance & Movement:** Improve your balance while increasing strength using, bands, balls and weights. The exercises would be performed seated or standing. Beginner level.

**BODYPUMP™:** The original barbell class that strengthens your entire body! Great music will inspire you to get the results you came for!

**Bootcamp:** An energized fusion of cardio, core strength, speed and agility, and muscle endurance. A fast paced class for all levels of fitness!

**Burn, Firm & Core:** Strength, Cardio, Core all combined into one 55 minute format that will target your full body. Get ready to sweat!

**FIT101:** A low impact, total body conditioning class with cardio, strength, balance & core work. Beginner to intermediate levels.

**HardCORE ABS::** Training designed to build the muscles of your core. Functional movements and over-all fitness will increase with a stronger core!

**STS::** Strength, Tone and Strong – Using bodyweight and dumbbells to strengthen your muscles, tone your abs and gain strength.

**Soulbody™ Barre:** Total body toning class with progressive athletic style barre programs. Light weights used. Taught in barefeet. All levels welcome.

**Soulbody™ Unhitched::** Total body toning class similar to SB Barre but w/o a barre. Bodybar and Pilates ball used.. Taught in barefeet.

**Toning at the Bar:** Classic ballet moves along with core, glute and flexibility work on the floor and at the bar.

**X-Press ABS:** Blast your abs from top to bottom in the core focused class!

## **Aqua Classes**

**Aqua Arthritis:** Designed by the Arthritis Foundation, gentle exercises will increase flexibility, mobility and reduce stress on joints; therapy pool

**Aqua Balance & Tone:** Use noodles, weights, gloves, boards and your own resistance to burn fat and define muscles. Ideal for the recovering athlete & members of all levels. Therapy pool.

**Aqua Dance:** Easy to follow movements in the lap pool set to fun music; low impact cardio-training! Fun Fun Fun.

**Aqua Tone:** Less intensity than the cardio tone doing in the therapy pool.

**Cardio Sculpt:** Mid-high intensity cardio & toning workout using shallow and deep water in the lap pool.

**Poolates:** 45 minute express pilates class in the warm water. Learn to tone and strengthen core and balance.

### **Mind/Body Classes**

**Alignment Yoga:** Emphasis on detail, precision and alignment in the performance of posture and breath. The development of strength, mobility and stability is gained.

**BODYFLOW®:** A combination of yoga, Tai Chi, and Pilates designed for those looking to improve general fitness, relax and reduce stress, increase mental clarity, and obtain a sense of well-being.

**Chair Yoga:** Learn to move through yoga postures while seated. A few standing poses also included in class format. Helps to build strength and tone; Low impact class. No yoga experience necessary.

**Express Stretch:** Slow paced class using some yoga postures to stretch out your body in a very gentle way; Improving flexibility and reduce stress.

**Feldenkrais™:** Comfortable, easy movement that improves posture, breathing, flexibility, coordination as well as improving chronic muscle pain and movement restrictions. For all levels of movement ability and aptitude.

**Gentle Yoga:** A simple Hatha style class. Enjoy the poses taught in a slower, more relaxed manner.

**Guided Meditation:** : A relaxing guided meditation to help you achieve calmness in mind and body; all levels welcome

**Hatha Yoga:** The most traditional and familiar form of yoga. Poses are practiced and modifications are given for all levels.

**Prime of Life Yoga:** A program developed by Larry Payne, PHD specifically targeted towards 'baby boomers'. An overall lifestyle approach to yoga that includes poses that help with everyday biomechanics, stress reduction and everyday aches and pain. Appropriate for ages 40-70. Gentle class.

**Power Yoga:** An advanced level yoga class with strong emphasis on upper body and core work that will challenge your yoga practice. Not for beginners.

**Restorative Yoga:** A truly restful class using props like blankets and bolsters in yoga poses that will help you to reduce stress and find calmness and peace. Very little movement. Class size is limited to 15

**Express Stretch:** Express format 15 minutes of stretching. Great before or after a class.

**Tai Chi All Levels:** Discover complete harmony of the mind and body while performing graceful, fluid and well balanced martial arts movements.

**Vinyasa Yoga:** A flowing yoga practice that synchronizes movement and breath.

### **Mind/Body Pilates**

**Gentle Pilates:** A gentler format of a traditional pilates class.

**Pilates:** Strengthen your entire body while focusing on core strength and stabilization. Improve your posture while creating long lean muscles.

### **Cycle Classes**

**Cycle:** Join Johnny G certified trainers for a simulated bike ride using high-energy music, visualization and motivational strategies to meet your training goals while monitoring heart rates through three energy zones. All levels welcome. New riders should arrive 10 minutes early for set up.

**INTRO to Cycle:** Get custom fit to a Keiser bike a have your cycle questions answered! Take your first ride! Offered Jan/Feb/March

**Silver Cycle:** An express cycle class for Beginners. Only 30 minutes.

### **Special Population (Seniors/Arthritis) Land & Water**

**Aqua Arthritis:** Designed by the Arthritis Foundation, gentle exercises will increase flexibility, mobility and reduce stress on joints.

**Balance & Movement:** Improve your balance while increasing strength using, bands, balls and weights. The exercises would be performed seated or standing. Beginner level.

**Chair Yoga:** Learn yoga postures while seated in a chair; Class will help you to focus on breathing and reducing stress while tone and strengthen your muscles. No yoga experience needed;

**Feldenkrais:** Comfortable, easy movement that improves posture, breathing, flexibility, coordination as well as improving chronic muscle pain and movement restrictions. For all levels of movement ability and aptitude.

**Gentle Pilates:** A gentler format of a traditional pilates class.

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### **Les Mills Classes: BODYPUMP™, BODYCOMBAT™, BODYFLOW®, BODYVIVE™**

**Master Swim:** Training for a triathlon? Looking to improve your form technique, speed and/or endurance? The Master Swim program, run through PFW's aquatics department will train you to become a more efficient swimmer.

### **Group Exercise Etiquette**

\* New to a class? Introduce yourself to the instructor!

\* Injury prevention! **Be on time** for classes (do not enter a studio more than **5 minutes** late) and cool down/ stretch before leaving class.

\* Respect other members! Limit conversation and chit chat during classes. Wipe off your mat and equipment.

\* Make class time YOURS! Please refrain from using mobile devices in fitness studios.

**Sign up - Cycle\*** All riders must sign up before taking class at the front desk. Sign up sheet is available 1 hour before class time. Limit 34.

**Notes\***Classes and instructors are subject to change. \*Sign up for Group Exercise emails at the front desk.

**Club Hours: Monday - Friday, 5am - 11pm/ Saturday & Sunday, 7am - 7pm**

**Questions? Contact Linda at [lindaf@fitnessandwellness.org](mailto:lindaf@fitnessandwellness.org)**