**Fitness Class Descriptions**

**Asterisk meaning**

**One \* - Class is available In-Person and Online Two \*\* - Class is available ONLINE ONLY**

**Three \*\*\* - Class is IN-PERSON ONLY Virtual—Class is Do it Yourself.**

**Cardio Box**

The combining of boxing aerobics, jump rope training, resistance balls, drills, plyometrics and body weight exercises that tone the body. An excellent total body workout without bulking up.

**All levels – Coleman Gym & Facebook LIVE**

**Circuit Training**

Cardio drills laced with muscle conditioning exercises that are timed. Goal is to work cardio and conditioning at a moderate to high pace. **All levels – Coleman Gym & Facebook LIVE**

**Pilates** A 4-Week Progression Series to help you learn the foundation and progress to a complete intermediate to advance weekly practice to build a stronger CORE, leaner legs, and toner arms. **All levels – Coleman Gym & Facebook LIVE**

**Ring DEM Bells–** weight training total body utilizing kettle bells, or free weights - **All levels – Facebook LIVE**

**Soul Cycle** - A 60 minute spin, with familiar old school music under a fantastic disco lights show. **All levels – Vanguard Gym**

**The Weigh It Is –** An online healthier eating weekly segment that encourages smarter eating options. **– Facebook LIVE**

**Waist & Up** – Total Upper body and CORE workout – **All levels – Coleman Gym & Facebook LIVE**

**Walk On –** Saturdays @ 9am A self-pace 1-, 2-, or 3-mile option!

**All levels –Virtual**

**Water Aerobics (in-person only)**

Water group exercise designed for Special populations using modified moves for individuals who may have limitations. Since these classes are slower, they are also great for Seniors.

**Yoga**– A total body stretch and conditioning workout that builds focus, calms the nervous system, and eases muscle pain and tension from regular exercise. – **All levels** – **Facebook LIVE**

**Step** – Choreographed moves on a step bench for a total body cardio style workout.

**Step Clinic 101** - Online tutoring sessions on how to Step.

All **levels – Facebook LIVE**

**Zumba** – Uses four basic rhythms based on simplified versions of salsa, meringue, cumbia, and reggaeton (mixed with a bit of other styles) **All levels**