

Group Fitness Class Descriptions

STEP Orientation

A STEP orientation is recommended to new participants. Contact Curtis Richardson, Executive Director to arrange a FREE orientation. **B**

STEP/CORE & More

A series of STEP combinations provide a fun & challenging cardiovascular workout. Strength, posture and 'core' work are included. Get set for a great workout! **I, A**

Step and Strength

Enjoy a stimulating class that combines STEP, abs, weight training and stretching. This workout will improve your fitness level, health and strength. **B, I, A**

Body Sculpt & Core Strength

This class concentrates on strength and muscle definition with intervals of cardio work. Strong abs and back, better posture and long lean muscles. Fine tune your workout to improve body composition! **B, I, A**

Strictly Strength

A complete head-to-toe strength training workout. This weight training class works all of the major muscles and focuses on core strengthening. Be guided into a healthier, stronger body. **B, I, A**

Hard Core

This class is a powerful and challenging workout. It improves cardiovascular endurance and muscular and core strength through high impact aerobics, step aerobics, weights and floorwork. **I, A**

Power Hour

Enjoy a motivating class emphasizing cardiovascular fitness through Hi/Lo impact aerobic exercise. This class includes strengthening and conditioning, floorwork and stretching. Modifications are shown for all fitness levels. **B, I, A**

Kick and Flex

This class will keep your heart pumping, your mind racing and your body moving. Come join this exciting class that combines kickboxing, body conditioning and ab work. **I, A**

Light and Lively

A suitable fitness program for pre/post natal, seniors and those new to fitness. Class includes cardiovascular movements, strength, stretching and balance. **B, I**

More For Your Core

Specific exercises that target abdominal & lower back strength ALL condensed into one great class. Challenging options allow you to work at your own level! **B, I, A**

Leaner & Stronger

Create a leaner, stronger more balanced body in this easy-to-follow format. You will sculpt and tone your muscles with a focus on the core using BodyBars, Balls, Bands, Bells. Plus the new and exciting Gliding Disc. Choreography free! **B, I, A**

Mixed Bag

Saturday mornings are a surprise! Join the Instructor for an exciting workout of their choice. Avoid a workout "rut" - try something new! **B, I, A**

Pilates/Strength

This class starts with traditional pilates and adds dynamic core and strengthening work with balls and bars. **B, I, A**

Pilates Mat

Focus on core stability, alignment, flexibility and balanced muscle recruitment in a calm, relaxed atmosphere. Based on the principles of Joseph Pilates, this non-aerobic class will challenge and enhance all fitness levels. **B, I, A**

X-treme Pilates and Core

This challenging and fun class uses a variety of equipment and motions that target abdominal and back strength. Come get a great workout with this class. **I, A**

Gentle Yoga

A wonderful, therapeutic yoga class designed for all ages and fitness levels. This is an excellent way to increase strength and flexibility in mind, body and spirit. **B, I, A**

Sivananda Yoga

Come enjoy yoga in its classic tradition. Using the breath to integrate body and mind and increase flexibility. Do not eat 2-3 hours prior to the class and wear loose clothing. **B, I, A**

Invigoration Yoga

Using flowing movement, the breath and our own body weight we will challenge ourselves with new poses to become limber and stronger. Practicing, warming up, working hard and relaxing. **B, I, A**

Intermediate Yoga

A balanced class suitable for students interested in practicing standing poses, twists, forward bends and backbends. A variety of props will be used to ensure proper alignment. **B, I, A**

Aqua Fitness

A complete low impact aerobic workout in the pool. Work at your own intensity, modifications for ALL fitness levels. No swimming skills required. **B, I, A**

Aqua Jog

A more intense cardio workout in deep water. Excellent cross-training class, using as much buoyancy as needed/wanted. Non-impact, 'joint friendly!' **I, A**

For your safety:

*Bring water AND Indoor shoes

*No admittance to class after 10 min.

B	=	Class Code
I	=	Beginner
A	=	Intermediate
		Advanced

Group Fitness Passes

	1 mos	3 mos	6 mos	Annual
Corp.	\$45	\$115	\$195	\$310
Non-Member	\$55	\$145	\$245	\$390

Daily Walk-In Fees:

Non-members	\$12
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The CCBA reserves the right to change or cancel any class due to low attendance.