

GROUP FITNESS CLASS DESCRIPTIONS

Ashtanga Flow Yoga

This class will include breathing techniques and practice in strength, balance, flexibility and relaxation.

Aqua Zumba

Like the land class, Aqua Zumba combines Latin music, dance, aerobic and fitness interval training in the water!

Boot Camp

This challenging workout improves cardiovascular endurance and muscular and core strength through aerobics, weights and floor work.

Cardio Step

Enjoy a stimulating and fun class that combines STEP aerobics, abdominal exercises, weights and stretching.

Cardio X-Train

This class challenges exercisers by combining body weight exercises, cardio and functional training, strength and core exercises while moving from one station to the next.

Deep Water FIT

This no-impact, 'joint-friendly' deep-water class is an excellent cross-training class for everyone.

Gentle Yoga

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

Iyengar Yoga Continuing

This is a balanced class for students interested in working towards the back bending and inverted poses. Props are used to achieve safe alignment.

Light and Lively

This is a suitable fitness program for seniors and those new to fitness. This class includes cardiovascular movements, strength, stretching and balance.

Pilates Vitae

This energetic class will cover all aspects of Pilates training methods, including Mat, Small Props, Sculpting, Barre, Cardio Pilates, and Yogalates.

Power Splash

This is a cardio burning, core strengthening, body toning, and joint friendly workout in the pool. You will work with water equipment in the shallow and deep water.

Strength & Cardio Fusion

This is a total body workout utilizing strength and cardiovascular training while combining resistance, intervals, power plyometric, and endurance exercises.

Strength Fusion

This is a total body conditioning class utilizing a variety of equipment to sculpt and tone your entire body.

Tabata

This high intensity interval-training workout will challenge your body with intervals of cardio, strength and core exercises.

TRX

This class uses a combination of body weight and resistance exercises using the TRX Straps to increase strength, balance, stability, flexibility, core strength, stamina & power!

Turbo Kick

This fat-blasting, ab-defining cardio workout is a mix of kickboxing and simple dance moves set to dance music!

Water FIT

This is a complete low impact aerobic workout in the pool. Modifications are shown and no swimming skills are required.

Zumba

This fun class combines Latin music, dance routines, aerobic and fitness interval training.

GROUP FITNESS CLASSES ARE PART OF YOUR MEMBERSHIP!

Non-member walk-in: \$16 or 10 punch walk-in card \$114

The CCBA reserves the right to change or cancel any class due to low attendance.

Classes & instructors are subject to change without notice.

13-15 year olds with a Junior Membership may participate with instructor approval

All fitness levels are welcomed in classes-modifications are shown.



WWW.JOINCCBA.ORG
603-448-6477

