

## FAIRVIEW PARK GEMINI CENTER

**BELLY BLAST EXPRESS:** Get hard CORE with this class focusing on strengthening and toning your midsection, going above and beyond sit-ups and crunches while having an absolute **blast!** A **BELLY BLAST!**

**BOOTCAMP:** A cardio and strength training blast that burns calories and make you stronger in just 30 minutes!

**CARDIO INTERVAL:** Great cardio workout that also incorporates strength training and core work. No special skills needed, keep it basic and effective!

**CIRCUIT MANIA:** Each class blends raise the roof music with circuits of Spinning, Rowing, TRX and Kettlebell. You will burn a ton of calories while increasing stamina and strength in this fierce but fun class! Advanced level class. Please arrive to class early or on time as all instruction is given at beginning of class. Specialty class not included in punch pass.

**CORE & WEIGHTS:** A fun and innovative sculpting workout. Improve muscle definition and endurance.

**DEFINE BARRE:** Ballet meets Pilates meets strength training in this fat-frying class. Achieve a slim, strong, sculpted body by doing lots of small pulsing movements targeting each muscle in your body. Specialty class not included in punch pass.

**HIIT- HIGH INTENSITY ININTERVAL TRAINING:** 30 minutes of circuit training which targets every muscle in your body and revs up your metabolism.

**KETTLEBELL EXPRESS:** Bringing cardio, strength, flexibility, and balance training together in one amazingly effective workout, kettlebell training is the hottest trend in fitness. Come see why – and your body will never be the same. 30 minutes is all you need!

**PILATES:** Mind-body exercise based on the principles of Joseph Pilates; strengthen core muscles through mat training that emphasizes correct spinal and pelvic alignment.

**PURE STRENGTH:** 30 minutes of strength training targeting all major muscle groups. Perfect way to add weights to your work out and improve muscle tone and bone density!

**SPINNING™:** The original and most popular group cycling class! A Certified Spinning Instructor will coach you through a variety of terrains and heart rate zones. All fitness levels welcome...space limited to 16. Bring a towel and water; heart monitor recommended.

**PURE STRENGTH:** 30 minutes of strength training targeting all major muscle groups. Perfect way to add weights to your work out and improve muscle tone and bone density!

**YOGA:** This class integrates body and mind for total performance featuring strength, conditioning & flexibility.

**ZUMBA:** A fun, easy and effective form of Latin cardio that combines high energy, motivating music with basic moves from Salsa, Meringue, Belly Dance, Cumbia and Reggae. Simple to follow, for all fitness levels.

### SILVERSNEAKERS CLASSES

**SS Classic:** A core class for total body conditioning. Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

**SS YOGA STRETCH:** Yoga stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**SS CARDIO CIRCUIT:** Combine fun with the fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

### SENIOR CLASS (60 & OLDER)

**SILVER ZUMBA:** Using Latin Styles of music and dance at a lower intensity. Designed to improve balance, strength, flexibility and Cardiovascular health

**SILVER CORE & MORE:** Pilates style class uses a foam roller and mat to achieve core strength, improved balance and flexibility. Own roller required.

**SILVER TAI CHI EASY:** A mind, body, spirit class that includes 5 gentle movements which will aid in balance, flexibility and strength. Will help you to be more in tune with your own body.

All classes and instructors are subject to change without notice.