

## FAIRVIEW PARK GEMINI CENTER

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

**INTERVAL SCULPT:** Simple and effective Cardio drills with intermittent strength and toning gives you a great interval workout designed to burn fat, calories and strengthen. Designed with progressions and regressions for all levels.

**KETTLEBELL EXPRESS:** Bringing cardio, strength, flexibility, & balance training together in one amazingly effective workout. 30 minutes is all you need!

**KICKBOXING:** Challenge yourself with this aerobic fusion of boxing and martial arts.

**MUSCLE MADNESS:** Wake up your weekend with a strength class that features resistance training through body weight exercises, Kettlebells, dumbbells and resistance bands.

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

**PIYO:** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

**SMALL GROUP PERSONAL TRAINING:** Experience all the benefits of a Personal Trainer in a group setting. Class offered as 6-week sessions or as a drop-in. Taught by Personal Trainer Lisa Zane.

**SPEEDY SPINNING:** Get your cardio work out in just 35 minutes! Work at a speedy pace in just 35 minutes.

**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.

**TABATA STRENGTH:** A total body strength class that utilizes the Tabata method of Interval Training. Class will incorporate a mix of weights, medicine ball, kettlebell and body weight exercises all using the unique Tabata method of exercise!

**YOGA:** This class integrates body and mind for total performance featuring strength, conditioning & flexibility. Bring your own yoga mat.

**TRX:** Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. Space is limited. Pre-registration is recommended.

### SILVERSNEAKERS CLASSES

**NOTE:** These class offerings are for those individuals that are SilverSneakers members or Seniors (ages 60 & older)

**BOOM MUSCLE:** A unique blend of cardio and strength based exercises. Enjoy an action-packed workout with moves inspired by your favorite sports like golf and tennis. Intermediate Level.

**BOOM MIND:** A fusion of yoga and Pilates that focuses on stretching and core strength. Improve your flexibility and balance in a class that's good for your body and your mind. Please bring yoga mat.

**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 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.

**SS Stability:** Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level.

**SS YOGA:** Yoga will move and stretch your entire body. 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.

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

All classes and instructors are subject to change without notice.