

SSC HAMPTON GROUP FITNESS CLASS DESCRIPTIONS

(Please bring a mat with you to all classes).

Barre Fusion:

-A blend of Barre and Pilates exercises to build balance, better posture and strength.

Cardio Dance+:

A full body dance cardio workout to fun energizing music that incorporates core and muscle strength all while having a blast. No dance experience needed.

Cardio Dance Party:

Get your heart pumping with a fun mix of Latin music and today's hits combined with the bling and lights that go with a dance party.

CIZE:

-The latest hip-hop dance class to hit the fitness world! Let loose as you learn the latest choreographed dance routines. The moves will be broken down step by step to learn them, repeat them, and finally sequence them together. The more you get into it, the more you will get out of it. All levels welcome.

Core Fusion:

-Fusing Yoga, Pilates, and Barre movement to increase strength, balance, and flexibility as well as an inner awareness of the core. Free weights, stability balls, resistance bands, and body weight may be used. Safe for all levels.

POUND:

-A fitness class inspired by drumming. It uses lightly weighted drumsticks (provided) engineered especially for exercising. It is a cardio jam session that is different, fun, and muscle burning.

PUMP:

-A great workout using barbells and free weights to achieve a high caloric burn/ muscle conditioning. All exercise are easily modified so all levels welcome.

Pure Muscle:

-Build strength and lean muscle mass by working the upper body, lower body, and core. Your heart will be pumping in this energetic workout. All levels welcome. Hand weights, barbells, and/or bands may be used.

STRONG (by Zumba):

-A choreographed interval based training program with more traditional fitness moves for an athletic conditioning style workout to Zumba style music.

Tabata Training:

This workout is a form of interval training designed to get your heart rate up for short periods of time training all energy systems. The work-to-rest ratio will allow for optimal calorie burn. Suitable for all as different intensity levels will be offered.

Total Body:

This work out will strengthen upper body, lower body, core and heart with easy to follow exercises. The step, weights and other equipment may be used. Order/exercise will differ slightly from instructor to instructor. Each participant will be able to work at their own level.

Turbo Kick:

Sculpt your upper and lower body and burn calories with rhythmic boxing combinations. Plus some added bodyweight moves and core work to tone muscles.

Yoga-Gentle:

-A great introduction to Yoga. Slow, steady movements combined with breathing. A calming way to wake up the body and stretch.

Yoga-Intermediate:

-Movement through various poses to help build muscle strength and endurance. Movement presented at an intermediate level however options will be shown for beginners as well as the more advanced.

20/20/20:

This class is designed to give you a total body workout with 20 minutes of Cardio, 20 minutes of Strength training, and 20 minutes of core/ stretching. Suitable for all levels