

## SSC HAMPTON GROUP FITNESS CLASS DESCRIPTIONS

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

### Barre Fusion:

-A blend of Pilates and Barre 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.

### Cardio/Strength Circuit:

-Stations will be used for Cardio and Strength exercises. All participants encouraged to work at their own fitness level. All equipment provided.

### 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.

### Dance-n-Tone:

-Get your heart rate up with some fun and easy to follow dance moves adding in some toning exercises. Light weights may be used.

### 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.

### Power Hour:

-Alternating between easy to follow cardio/strength moves put to music with a series of yoga like stretches at the end.

### 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. Each participant will be able to work at their own level.

### 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.

### Zumba+:

-A fun, energizing cardio dance fitness class with easy to follow moves suitable for all levels. No dance experience necessary. (+ is adding a little lower body, upper body, and core work at the end of class to make a full body workout).

### 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. Order/exercise will differ slightly from instructor to instructor. Suitable for all levels.