



Cheval Athletic Club Group Fitness

CLASS DESCRIPTIONS

20/20/20 - By the time the class is complete, you will have done 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core stability & stretching. This is muscle conditioning to the extreme. We will hit all muscles hard to feel that intense burn! Class is set up for all levels.

ALL OUT EFFORT! - A full body high intensity interval (HIIT) workout that's different every week. You may be inside or outside, but you are guaranteed a high energy class!

CARDIO TENNIS BASIC/INTENSE CARDIO – This a tennis drill workout. The BASIC class is free and no tennis experience is necessary. The high energy INTENSE class is a \$10 cost to all participants and does require tennis experience.

CORE FITNESS - No cardio, just CORE strength – where the glutes, abs & low back meet in the center of your body is what Joseph Pilates defines as your core; the POWERHOUSE muscles. The stronger your core, the easier everything you do is. It all begins with a good foundation and stability.

FOREVER FIT - Low impact aerobics that includes strength and balance training, along with gentle stretching. Geared towards the Active Older Adult.

INDOOR CYCLING (Spinning)– An intense stationary bike workout that simulates an actual outdoor bike ride. Through tension adjustments and pedaling technique, you will encounter flat roads, steep hills and rolling terrains that correspond to the difficulty of the perceived ride. Bring a towel and water bottle. All fitness levels welcome.

INSANE-AC - (HITT) - If you are interested in burning calories, losing fat, and increasing cardiovascular fitness while spending less time at the gym, then this high intensity interval workout is for you! Keep in mind that High Intensity does NOT mean high impact, there is a level for EVERYONE! A quality workout in a short amount of time!

MASTERS SWIM – A coached swim workout (2000-3500yds). This is the time to improve your technique, develop into a stronger swimmer, become a faster swimmer, start training for a triathlon, masters swim meet or simply to improve your fitness. There are always swim workouts available at the front desk if you would like to swim laps on your own.

MEDITATION– Meditation is simply the practice of being right here right now both mentally and physically (easier said than done!) Includes pranayama (breath work), guided and silent meditations plus coaching for keeping up a home practice. Improves focus, memory, reduces stress and promotes a positive mindset. All levels.

OUTDOOR BOOTCAMP (rain or shine) – This class will meet outside on the basketball court and utilize ALL types of equipment and modalities to give you a total body, high intensity (doesn't mean high impact) strength and cardio interval workout.

PURE STRENGTH – Want to increase your metabolism? Then let's build some muscle! This is a fat burning & complete body sculpting class in one. No fancy footwork, just continuous movement while toning the body with a variety of equipment and body strength training. APPROPRIATE FOR ALL LEVELS!

REFIT® REVOLUTION – This is a fun dance class to current music where the vision is to create an experience that changes people from the inside out by focusing on the heart as a muscle AND a soul. These dance workouts are designed for everybody regardless of age, shape, size or ability. Through dance, toning, balance and flexibility, REFIT® creates a powerful, uplifting fitness experience that lasts well beyond the workout.

RUN GROUP (Speed/Tempo) - This is a class geared specifically to make you faster at whatever sport you choose, whether it be tennis, basketball, soccer, triathlon, etc. It's especially great if you are a runner that is looking for a faster 5k/10k. You will develop running strength, speed & power . . . think "high school track".

SWIM BOOT CAMP (March-November) - In addition to swimming a few laps, this class will include lots of getting in and out of the pool with squats, planks, push-ups, dips, band work, medicine balls, etc. If you want more yards, please come early to swim a few laps to get warmed-up (many will be coming straight down from Spin class too).

TAI CHI – This Martial Art is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing, flowing from one posture to the next without pause, ensuring your body is in constant motion. Improves balance, coordination, strength, flexibility, mental health and cognitive function; also alleviates joint pain and reduces stress.

TRUE GRIT (full body)– (*Formerly P90X REMIX*) . . . These classes will utilize ALL types of equipment and modalities both indoors and out to give you a total body, high intensity (doesn't mean high impact) strength and cardio interval workout. These classes are geared to those that want a challenge and push themselves to THEIR next level - there is a level for everyone. Get strong, lean and fit in this total body complete workout! All levels are welcome.

TRX – A 30 min total body strength workout utilizing the TRX Suspension Training System - All Core, All The Time! Get strong, lean and fit in this total body complete workout!

WOD (workout of the day) or **WOK** (workout of the week) – Don't have time to make it to a class? NO PROBLEM! There will be a detailed workout written on the white board in the Fitness Center for you to do on your own.

XPRESS STRETCH- Stretch class for those that need to work out the muscles, but only have 30 minutes to spare.

XPRESS YOGA - Great way to get in a little bit of Yoga, especially if you are a little crunched on time.

YOGA – increase flexibility, balance and strength through deep stretching, breathing and relaxation exercises. Employs all muscle groups.

Alignment Yoga- This class emphasizes safety and the ideal placement of body parts while performing a yoga posture, while acknowledging a participant's individual needs due to body composition, injury or fitness. Instructor provides detailed verbal and demonstrated instructions. This class is appropriate for all levels. Beginners welcome!

Hatha Flow - This class will explore variations of sun salutations, standing and seated poses, along with body balancing and breath-directed movement. The flowing postures focus on flexibility, mobility, muscle toning, strength, proper alignment, and breathwork. Modifications are always offered in the poses to allow each individual to choose their level of practice, making this class accessible to all.

Power - High energy practice which moves quickly between poses and focuses on building strength rather than flexibility. Intermediate to advanced yogis will balance the body and clarify the mind.

Stretch and Mobility - This class combines mindful movement, yoga postures, stretching, the use of props and the breath to help increase mobility and flexibility throughout the body.

Yin - Slow-paced style of **yoga** with postures, or asanas, that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.

ZUMBA – It's a party! An interval aerobic workout centered around Latin dance movements. Have fun while exercising those hips, abs & legs! The morning classes are a little more low-impact; the Tue/Thu classes are a little more high energy.