

Del Norte Group Exercise Class Descriptions

Group Exercise Classes	Class Name	Category	Class Level	Description
	Ab Blast	Strength	All Levels	A class to help tone your abs and develop core strength. 30 Minutes
	 BODYPUMP	Strength	All Levels	Group strength and endurance training class using barbells. Adjustable for all levels. The "fastest way in the universe to get in shape".
	 BODYVIVE	Cardio/Strength	All Levels	BODYVIVE is the optimal mix of cardio, strength and core training. Set to great music, it will leave you fizzing with energy and feeling fantastiC.
	 LES MILLS BODYATTACK	Cardio/Strength	All Levels	High energy interval training class combines athletic aerobic movements with strength and stabilization exercises.
	Boot Camp	Cardio/Strength	All Levels	Bootcamp combines traditional calisthenic and body weight exercises with interval and strength training. Participants can work at their own level while being challenged to get stronger, faster, and fitter.
	 LES MILLS COMBAT	Cardio/Strength	All Levels	BODYCOMBAT is a high energy martial arts inspired workout that is totally non contact. Punch and kick your way to fitness and burn up to 740 calories in a single class.
	Fencing	Mind/Body	All Levels	Using the technique of Classical Fencing and the French Foil, this martial art develops strong lean muscles, flexibility, hand-eye coordination and mental agility.
	 LES MILLS GRIT SERIES <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	Cardio/Strength	All Levels	High-intensity interval training, designed to put your metabolism into overdrive and get you fit, fast. 30 Minutes
	Body Blast	Cardio/Strength	All Levels	Intervals of cardio drills, strength training, balance and core stabilization using balls, weights, bands, steps and BoSUs. 45 Minutes
	HIIT	Cardio/Strength	All Levels	High intensity interval training incorporates bursts of intensity followed by short rests to improve your cardiovascular fitness and athletic performance
	Pilates Mat	Mind/Body	All Levels	Pilates class focusing on alignment, correct posture, and core strength to develop a lean, toned, and defined body shape. 45 Minutes
	Stable & Strong	Strength	Seniors, All Levels	Overall strength and balance workout designed specifically for the needs of senior exercisers. 45 Minutes
	Tai Chi	Mind/Body	All Levels	Ancient martial art conditioning class focusing on concentration, strength, coordination, relaxation, balance, and flexibility.
Yoga	Mind/Body	All Levels	Refresh mind and body with classic class using easy-to-follow poses and combinations. Helps increase flexibility, concentration, and relaxation.	
Class Name	Category	Class Level	Description	
A-A-A	Aqua	All Levels	Anti Aging Aqua - Water is the fountain of youth! This is a great beginner class emphasizing cardiovascular improvement and flexibility.	
Aqua Circuit	Aqua	All Levels	Circuits composed of cycles of cardio alternated with cycles of muscle strengthening with equipment. A classic aqua workout for everyone. *Includes jumping and treading.	
Aqua Combo	Aqua	All Levels	A variety of styles, intensities, and equipment designed to provide a great workout every time. Saturday class 9-10:15am	
Aqua Power	Aqua	All Levels	Learn how to add power to basic water moves and burn calories in the large muscles. Whole body strength training and stretching also included.	
Aqua Rx	Aqua	Low Intensity	Just what the doctor ordered. A gentle mix of walking, stretching, and strengthening. Low intensity for those who need it. 45 Minutes	
Cardio Interval	Aqua	All Levels	A great water workout to train muscles. Varying cardio intervals ensure a complete aerobic workout. Gentle stretching also included. *Adds more challenging intervals.	
Noodle Mania	Aqua	All Levels	Use the noodles to learn transitions and holds to maximize core workout. Varying intensities to regulate cardio/core training. Includes range of motion exercises to increase flexibility.	
 water motion <small>The new wave in aqua exercise</small>	Aqua	All Levels	Our newest aqua exercise workout that provides a low impact, high-energy challenge. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body.	
Water Walking	Aqua	All Levels	An active class using different travel patterns to maximize the resistance of the water. A good class for training at any level.	

Aquatic Fitness