

# Del Norte Group Exercise Class Descriptions

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Class Name	Category	Class Level	Description
<b>Ab Blast</b>	Strength	All Levels	A class to help tone your abs and develop core strength. <b>30 Minutes</b>
 <b>BODYPUMP</b>	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". <b>45 Minutes</b>
<b>Freestyle Spin</b>	Cardio/Strength	All Levels	An energizing, engaging, cardio spin class suitable for everybody. Freestyle Spin will keep you guessing with everything from interval sprints to flat rides and hill climbs. <b>45 Minutes</b>
<b>Body Blast</b>	Cardio/Strength	All Levels	Intervals of cardio drills, strength training, balance and core stabilization using balls, weights, bands, steps and BoSUs. <b>45 Minutes</b>
<b>HIIT</b>	Cardio/Strength	All Levels	High intensity interval training incorporates bursts of intensity followed by short rests to improve your cardiovascular fitness and athletic performance. <b>45 Minutes</b>
<b>Pilates Mat</b>	Mind/Body	All Levels	Pilates class focusing on alignment, correct posture, and core strength to develop a lean, toned, and defined body shape. <b>45 Minutes</b>
 <b>LES MILLS RPM</b>	Cardio/Strength	All Levels	Group indoor cycling workout where you control the intensity. It's fun and low impact. With great music pumping and the group spinning as one, your instructor takes you on a journey. <b>45 Minutes</b>
 <b>LES MILLS sprint</b>	Cardio/Strength	All Levels	High-Intensity Interval Training (HIIT) workout, using a spin bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. <b>30 Minutes</b>
<b>Stable &amp; Strong</b>	Strength	Seniors, All Levels	Overall strength and balance workout designed specifically for the needs of senior exercisers. <b>45 Minutes</b>
<b>Tai Chi</b>	Mind/Body	All Levels	Ancient martial art conditioning class focusing on concentration, strength, coordination, relaxation, balance, and flexibility. <b>45 Minutes</b>
<b>Vinyasa Yoga</b>	Mind/Body	Moderate/Advanced	Link movement of the body to the movement of the breath. This dynamic, flowing practice leads you through a balanced series of postures to strengthen and build flexibility and promote physical stamina. <b>45 Minutes</b>
<b>Yoga</b>	Mind/Body	All Levels	Refresh mind and body using easy-to-follow poses and combinations. Helps increase flexibility, concentration, and relaxation. Yoga 1 is great for beginners, while Yoga 2 has moderate/advanced instruction. <b>45 Minutes</b>
Class Name	Category	Class Level	Description
<b>Aqua Circuit</b>	Aqua	All Levels	Circuits composed of cycles of cardio alternated with cycles of muscle strengthening with equipment. A classic aqua workout for everyone. <b>*Includes jumping and treading.</b>
<b>Aqua Combo</b>	Aqua	All Levels	A variety of styles, intensities, and equipment designed to provide a great workout every time.
<b>Aqua Power</b>	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.
<b>Cardio Interval</b>	Aqua	All Levels	A great water workout to train muscles. Varying cardio intervals ensure a complete aerobic workout. Gentle stretching also included. <b>*Adds more challenging intervals.</b>
<b>Noodle Mania</b>	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.
 <b>water motion</b>	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.
<b>Water Walking</b>	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.

Group Exercise Classes

Aquatic Fitness