

Del Norte Group Exercise Class Descriptions

		Class Name	Category	Class Level	Description	
Group Exercise Classes		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". 45 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	
		Pop Pilates	Cardio/Strength	All Levels	Pop Pilates is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat. 45 Minutes	
		Cardio Kicker	Cardio/Strength	All Levels	Large movements combined with fast paced exercises make for one sweaty, intense workout! This class is the perfect workout for anyone looking for cardio with high and low impact movements (modify as needed) 30 Minutes	
		Chair Tai Chi	Mind/Body	All Levels	Improves balance and reduces fall risk. This class consists of making slow, graceful movements while breathing deeply. It's easy to follow and the movements are done slowly. Perfect for those with limited mobility. 45 Minutes	
		Freestyle Spin	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. Class times vary	
		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. 45 Minutes	
		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	
		 LES MILLS RPM	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. 45 Minutes	
		 LES MILLS Sprint	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. 30 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. 45 Minutes	
		BODYVIVE/TONE	Cardio/Strength	All Levels	Combines blocks of strength, cardio and core training into one complete and convenient workout. 45 Minutes	
	Aquatic Fitness		Vinyasa Yoga	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. 45 Minutes
			Yoga	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. 45 Minutes
		Class Name	Category	Class Level	Description	
		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.	
		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.	
		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.	
		Full Body Aqua	Aqua	All Levels	A water workout for the whole body. Varying intensities to regulate cardio/core training. Includes range of motion exercises to increase flexibility.	
		 water motion	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.	

8.1.21