

# Peoplefit Group Fitness Class Descriptions

(All classes are free with membership except Pilates and yoga.

\*Minimum of 3 participants for all classes to be held)

## **Pilates \$80- per 8-week session**

Pilates exercise is a form of body conditioning that will improve flexibility and balance, lengthen the spine, increase body awareness and build a stronger core. The mind-body connection will increase energy and reduce stress. You will feel stronger and see postural improvements after only a few classes. This mat class is geared for any fitness level whether you are new to Pilates or a returning enthusiast.

## **Beginner Yoga** \$5 per class

The ancient practice of bringing body, breath, and mind into balance. Class format is a unique fusion of traditional exercise with the ancient beauty and artistry of yoga postures. Benefits include flexibility, stress reduction and increased strength and mental focus.

## **Stretch and Strength**

A strength and conditioning class utilizing weights, bands and stability balls. From the beginner to more advanced level, exercises are aimed at improving muscle strength and endurance, as well as balance and flexibility. The exercises are adapted to meet one's physical limitations and restrictions. You will feel more energetic at the end of each class.

## **Core Express**

*Core Express* focuses on the muscles of your abdominals, lower back, glutes, hips and legs. This 30-minute workout is designed to shape, tighten, and slim down those problem areas using balls, bands, and your own resistance.

## **20/20**

Everything you need in 40 minutes! 20-minute segments of low-impact cardio, muscle conditioning, and core & flexibility. Have fun while burning fat and sculpting your entire body.

## **Kick IT**

Interval cardio kickboxing class combined with strength and core training. This high-energy class will get you to burn calories through fast paced martial arts inspired moves.

## **Body Express**

This fun, energetic, non-stop moving class alternates between low-impact cardio segments and strength training to improve your overall cardiovascular system and muscle endurance.

## **Tone it Up**

*Tone it Up* is a 45-minute exercise class using weights, bands and stability ball. The class will focus on "toning" the muscles of your arms, legs and abdominals.

## **ZUMBA®**

ZUMBA® is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance moves. This class format combines fast and slow rhythms that tone and sculpt the body in an