

## **Class Descriptions**

**SIT & GET FIT:** Train the entire body using various pieces of equipment while remaining seated. Great class for beginners and those with ailments!

**CHAIR YOGA:** Class designed to include breath work, strength, flexibility and balance but does not involve getting up and down from the floor. Great for ALL fitness levels!

**FLEX & FLOW:** A combination of tai chi, yoga & Pilates style movements set to a variety of music to work your core, challenge your range of motion, strength and balance.

**TOTAL BODY:** A full body strengthening class that utilizes hand weights and other equipment.

**TOTAL BODY EXPRESS:** Full body strength workout without floor work.

**BODY PUMP:** Hour of power working the total body to increase muscular strength and endurance. **Int-Adv.**

**ZUMBA & BARRE:** A ballet/modern dance inspired full body workout that stretches and strengthens your muscles and joints to help improve posture and increase mobility. (Class is all standing.)

**FIRST STEPPERS:** No knowledge of line dancing or steps names.

**NOVICE LINE DANCE:** Knowledge of many line dance step names and with ability to pick up new steps/dances fairly easily.

**IMPROVER LINE DANCE:** Student knows basic line dance steps and will learn additional steps. Constant instruction.

**INTERMEDIATE LINE DANCE:** Some knowledge of line dance steps. Continuous instruction of more difficult steps.

**ZUMBA:** A Latin inspired cardio class filled with fun dance moves that guarantee a good time and a great workout.

**CARDIO FUN:** A low impact dance class to fun tunes of the past and present.

**GENTLE FLOW YOGA:** Incorporates simple flowing sequences to focus on alignment, balance, flexibility and strength followed by relaxation. This class includes floor work.

**BEGINNING YOGA:** this class is for those new to yoga or those wanting to fine tune their practice. We will use the breath and body awareness to build strength and increase flexibility.

**\*Mats will not be provided for any class.\***

**Reminder:** A more extensive group exercise schedule of classes is available to view 24/7 online at [www.kingspointsuncitycenter.com](http://www.kingspointsuncitycenter.com)>Fitness>At Home Fitness Videos

You can also watch pre-recorded versions of your favorite classes played **daily** in your home on Spectrum Channel 732.

7:00AM	Pilates	11:00AM	Zumba
8:00AM	Total Body Express	12:00PM	Flex & Flow
9:00AM	Chair Yoga	1:00PM	Sit & Get Fit
10:00AM	Total Body		