

Land Class Descriptions:

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.

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!

CORE PILATES: Exercises to work your abdominals, strengthen your back, increase flexibility and incorporates breathing and stretching techniques.

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

FIT MIX: A fast-paced strength class incorporating a mix of standing and floor exercises using a variety of weights and resistance bands.

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 without floor work.

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.

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

STEP-UP BEGINNER LINE DANCE: Knowledge of many line dance step names and with ability to pick up new steps/dances fairly easily.

STRONG BODY: Strength-based class using barbells, dumbbells, and body weight exercises designed to increase and maintain muscle endurance and strength.

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

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

YOGA FLOW: Suitable for all levels that have some previous yoga experience. Low impact, relaxing, mindful yoga emphasizing flexibility and light strength. Breathing and stress management techniques incorporated.

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

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>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		