

CRPD Fitness Class Descriptions:

H.I.I.T. (High Intensity Interval Training) – total body, heart pumping, aerobic and strength training with high intensity cardio burst designed to tone your body, improve your endurance and clear your mind before the busy day gets started. Modifications for all fitness levels are provided. (This is a 45 minute class)

BootCamp – A total body work-out to improve cardio stamina and build muscle using body weight, weights, resistance bands, battle ropes and more – leave no muscle behind! Break past your personal boundaries in a positive, supportive environment regardless of your skill level. No class is ever the same!

Total Body Conditioning – Mix-up of cardio and strength using steps, weights and bands all set to the tempo of motivating music. This is a H.I.I.T style class that will leave you breathless but ready to come back for more!

StepSculpt – This class uses a fitness step to create a great cardio workout paired with total body sculpting exercises wrapped up with an essential ab workout.

Zumba – Zumba is a combination of Latin rhythms and fun international dance steps. You'll learn to love working out through dance with this upbeat class also known as a "workout in disguise"!

CardioKick – A high energy, stress relieving workout! Kick and punch it into high gear and be prepared to sweat.

Yoga – Blending movement and breath for an ultimate mind-body workout. Whether you get sweaty or go mellow, you'll get a workout to help incorporate balance, strength and flexibility.

Barre – A class that incorporates the fluidity of Ballet, the flexibility of Yoga, and the core strengthening of Pilates. Low impact with a muscle burn designed to sculpt and add muscle definition for the entire body.

Total Body Training – Burn fat and tone your body with this blend of cardio and strength training using a variety of equipment like steps, resistance bands, weights and a stability ball. Overall body condition with a low impact emphasis, making it the perfect class for beginners or active seniors.

Functional Fitness – Mix up of cardio and weights with a variation of circuits, walking, toning and core workouts. Great class for all fitness levels and a perfect class to end the day with.

