



## SWIFT CREEK GROUP X CLASS DESCRIPTIONS

GROUP X IS THE PLACE WHERE YOU SWEAT, HAVE FUN AND GET FIT WHILE WORKING OUT WITH OTHERS! ALL CLASSES ARE 60-MINUTES UNLESS NOTED. NOT ALL CLASSES ARE OFFERED AT ALL LOCATIONS. SEE EACH CLUB SCHEDULE FOR SPECIFIC CLASSES.

A (\*) next to a Class Title denotes a **75 Minute Class**. (ex. YogaFlex\*)

A (+) next to a Class Title denotes a **90 Minute Class**. (ex. Boxing+)

- ◆ **30/20/10:** 30-minutes of fat-burning cardio work, 20-minutes of muscle conditioning and 10-minutes of core (abs/back) training. *All fitness levels.*
- ◆ **ABSolution:** Your 15-minute solution to great abdominals! Train them in a short amount of time with effective exercises. *All fitness levels.*
- ◆ **Ball & Bar:** Tone and shape your body with muscle conditioning exercises using the Body Bar® and Resist-a-Ball®. *All fitness levels.*
- ◆ **Body Pump-**The fastest way to shape and lose body fat. A Toning & Conditioning class with weights that is for just about anybody. It's perfect for both Males & Females who want to add Strength Training to their aerobic workout. This Simplistic Muscular Endurance workout makes it a great starting point to develop Strength & Confidence. *All fitness levels. Space is limited - sign up at the front desk.*
- ◆ **Bootcamp:** This advanced class utilizes interval training techniques involving various callisthenic exercises, sport-specific drills, agility moves, strength training, flexibility and more - all designed to make you sweat! No choreography. Be prepared to go outside. Not recommended for pregnant moms. *Intermediate to advanced.*
- ◆ **BodyJam:** This very popular high energy class teaches you basic dance & Fitness moves. The style of this class may be more "video" dance or Hip Hop oriented depending on the Instructor. A fun & energetic workout designed to make you sweat! *All fitness levels.*
- ◆ **Muscle Conditioning:** No cardio here - you will use dumbbells, tubing, balls and more to work every muscle in every angle! *All fitness levels.*
- ◆ **Pilates:** You will be guided through exercises that safely deliver optimal strength, flexibility and endurance, without adding bulk. This stress-relieving method will be performed on a mat. *All fitness levels.*
- ◆ **PilatesPlus:** Challenge your Pilates practice by taking it to the next level. You may use additional props, such as bands & balls. *Intermediate to Advanced.*
- ◆ **Seniorcize:** Low impact and muscle conditioning workout geared towards the mature exerciser and/or special populations. All Ages & Fitness Levels are welcome.
- ◆ **Step:** Using a bench platform, you can choose one of the following step classes based on the type of class you desire:
  - ◆ **Basic Step** Designed for beginners or those desiring a less intense, less complex workout. Choreography is basic; no power moves are used - low impact. It will energize & challenge the body.
  - ◆ **Body Step** THE energizing Step workout! Using a height adjustable bench & simple movements, the cardio blocks push calorie burning into high gear. Workout ends with Muscle Conditioning tracks that shape and tone your body. *All fitness levels.*
  - ◆ **Advanced Step** : Specifically designed for the more advanced participant, who desires intense power and propulsion type choreography.
  - ◆ **Step Circuit (SCT):** Get a calorie burning workout from the step portion of the class, mixed with Strength Training Intervals to shape your body from head to toe! *Intermediate to Advanced Levels.*

- ◆ **YogaFlex:** Develop strength, endurance, flexibility and proper body alignment through a series of poses with a strong emphasis on breathing and concentration. Poses range from relaxing stretches to challenging postures. A yoga mat is highly recommended. *All Fitness Levels.*
- ◆ **Zumba:** Dance your way to a fitter you! An Aerobic workout using exciting and unique Latin Moves and Rhythms. Also incorporates dance elements from other cultures including belly dancing and Hula. *All Fitness Levels*



### Specialty classes for March:

- ◆ **Power Yoga:** Yoga that concentrates on the strengthening poses. More standing & strenuous poses are incorporated. *Intermediate to Advanced Levels.*
- ◆ **Gentle Yoga:** Enjoy the relaxing benefits of yoga while increasing strength & flexibility. Less vigorous than other yoga workouts. Great for beginners or special populations (seniors, pregnant or postpartum mothers, etc.) *All Fitness Levels.*
- ◆ **Xtream Gentle Yoga-**A gentler yoga with easier stretching and a longer final relaxation. All fitness levels, great for beginners!
- ◆ **Gentleflex-**A bridge class between Gentle and Flex yoga. All fitness levels. Poses are not as challenging as in Yoga Flex but are held longer than in gentle yoga.
- ◆ **Belly Dancing:** A great change of pace! Get an aerobic workout by shaking your hips and rolling your abdomen. A Middle Eastern influenced Floor Aerobic workout. *All Fitness Levels.*
- ◆ **Olympic Boxing:** Challenge yourself in a true boxing setting. Boxing technique & form are stressed. Be prepared to go outside. Some students learn to compete in tournaments. Not recommended for the beginner exerciser. *Intermediate to Advanced.*
- ◆ **Butts&Guts:** Muscular Endurance & Strength Training that focuses on the Glutes, Abdominals and Legs. *All Fitness Levels..*
- ◆ **BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.
- ◆ **BODYFLOW™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.
- ◆ **Tai Kwon Do-** Utilizing the best techniques from the Korean Martial Arts of Taekwondo and Hapkido, you will improve your flexibility and learn powerful kicks and hand strikes, blocks, throws and joint locks to defend yourself. All levels.

☺-Means these classes are family friendly!

### FUSION CLASSES

Keep your workouts exciting by attending "fusion" classes! These classes combine two or more of the formats listed here in one action-packed workout!  
(Ex: BodyStep/Pump Fusion)

