



Group Fitness Class Descriptions

Aqua Fitness	Enhance your cardiovascular fitness, muscular strength and endurance, and flexibility all in one workout. Experience the properties of the water and the freedom of movement in this great aqua workout. 45 minutes.
Aqua Jam	Music-driven aqua fitness. Fun music, fun moves, and a fantastic workout! 45 minutes.
Barre	Fuses Pilates, ballet, and yoga with isometric exercises to engage and enhance muscles you didn't even know you had! Get ready to feel the burn! All barre classes are 45 minutes. Gentle and Warm variations also available.
Cardio Dance	Get your groove on! This is an exciting aerobic class that incorporates several styles of dance while burning calories and toning the body. No complex choreography to master, just fun dance moves in an easy-to-learn format!
Cardio Drill	Using a hybrid of athletic drills, agility training, and bootcamp style conditioning, this class will have your heart thumping and your body changing! 55, 45, and 30 minute classes available.
Cardio Strength Intervals	Rotate between athletic style cardio moves and calorie burning strength moves to get the ultimate workout. Various equipment will be used. Modifications provided for all levels.
	Feeling fitter, stronger, and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength, and improve your balance and flexibility. A perfect place to start your group fitness experience.
	Discover new heights with Group Blast! Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises with a step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring. Blast this way with Group Blast!
	A barbell program that strengthens all your major muscles in an inspiring group environment with fantastic music. With simple, athletic movements such as squats, lunges, and curls, this class is great for all ages and levels. Must be 16 years of age or older to attend.
	Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains, and spin your way to burning calories and strengthening your lower body. Motivating music and an inspiring group environment lets you ride on! Bike reservations available. Visit www.amesracfit.com or call 232-1911 for info.
Hard Core	Attack your abs and back from all angles with a variety of exercises. 25 minutes on Saturday mornings.
Hot Yoga	90-97 degrees. Through strengthening postures and intensified heat, hot yoga will detoxify the body and toughen the mind. Taught as Bikram, Moksha, or Vinyasa. Hot Yoga Basics also available.
	INSANITY™ is a cardio class based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. You don't have to be in extreme shape— levels of each exercise are provided.
Meditation	Calm the body and master your mind during this interactive and guided 30 minute class.

Pilates	Floor exercises designed to improve flexibility, posture, and core strength.
Pilates Yoga Fusion	The best of yoga and Pilates in one class! This fusion workout will strengthen, stretch and tone your entire body through various exercises and equipment.
Power Aqua	A great workout while giving your joints a break! You really can sweat in the water! 45 minutes.
Power Pedal	Smile and sweat as you pedal your way through intervals, mountains and more!
Power Yoga	Build strength, endurance, and flexibility as you progress through various yoga poses guaranteed to challenge the mind and body. Modifications provided for all levels. (Taught at North Fitness Studio.)
 R30	R30 will get you fitter and feeling better in only 30 minutes! Perfect for those that are short on time and men and women of all ages, no matter if you're just starting an exercise program or have been racing bikes for years.
Shake & Strength	Get ready to sweat through the decades! This class mashes calisthenics with old school grooves and new school moves to your favorite jitterbug beats, 80's jams, and modern day hits! From the disco and dougie, to squats and lunges, you'll be shakin' and strengthening in no time!
Soul Flow	Kick your weekend off to a soulful start with some upbeat tunes while flowing through a vinyasa-style sequence, linking breath to movement. Music varies weekly!
Spin & Strength Combo	Hit two birds with one stone! 30 minutes of cycling in the spin studio followed by 30 minutes of strengthening in the group fitness studio. Welcome to attend both sections or just one.
Super Spin	Mind over matter will spin you through this hour of hills, sprints, jumps & more, with guidance as to what levels and zones you should be in for optimal results. Get a great workout with little impact on your joints!
TBC (Total Body Conditioning)	This class focuses on strengthening and sculpting the body by using weights, tubing, resist-a-balls, and gliding disks. An effective way to increase your overall strength in a functional way for all ages and abilities.
Warm Vinyasa Flow	80-85 degrees. Focuses on syncing breath to a lively & mindful flow. Warm Vinyasa Basics also available.
Yoga	Gain strength, flexibility, and balance as you learn to unite mind, body, and breath.
Yoga Basics	This class is great for beginners as well as continuing students to get acquainted with yoga. Students practice proper alignment in a relaxed, non-competitive setting. This class will help you learn yogic fundamentals and develop a solid yoga foundation.
 ZUMBA FITNESS	Ditch the workout, join the party! Dance to the pulsating beat of high-energy music. Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba Toning also available.

All classes are 55 minutes long unless otherwise noted.

For Group Power classes, participants must be 16 years of age or older to attend. For all other classes, ages 12-15 may attend with a guardian. For more information or questions, contact Group Fitness Director, Mandy McGuire, at mandym@amesacfit.com or (515)232-1911.