

## Class Descriptions August 2017

- **Aqua Aerobics:** This is a low impact fitness class that uses water to create resistance for muscle toning and sculpting, while also giving you a heart pumping cardio workout.
- **Balance Pilates:** This class uses the body and basic standing postures to improve overall balance and traditional Pilates exercises for strengthening the core as well as the upper and lower body.
- **Barre:** Combines Pilates, yoga and ballet moves to give you sculpted lean muscles – without the impact and injuries dancers endure. The barre is used as a prop to balance while doing exercises that focus on isometric training combined with high reps of small range-of-motion movements.
- **Beginning Spinning:** This is a 30-minute spin class where an instructor will guide you through this indoor cycling class through phases including warm-up, steady up tempo cadences, sprints, climbs, cool-downs, etc.
- **Body Sculpting:** Strength training workout that combines flexibility and cardiovascular conditioning and is designed to shape and tone the body.
- **Footprints:** This is a group that walks and/or runs at varying distances that is geared towards individual's fitness levels. **Open and free to all!!**
- **High Intensity Interval Training (HIIT):** A great full-body workout in a 35-minute class. Build strength and stamina, cross-train, or just start your day off with a great workout.
- **Low Impact Aerobics:** This class minimizes the force on your bones and joints; it reduces your risk of injuries and this type of exercise is ideal for beginners or seniors.
- **Pilates:** A series of whole body exercises designed to improve core strength, flexibility & core conditioning. Pilates is excellent for all levels of fitness and can be tailored to suit any physical limitation.
- **POUND:** full-body cardio workout that uses lightly weighted “drumsticks” called Ripstix. Each class fuses Pilates, isometric movements, and plyometrics with constant simulated drumming to sculpt muscle and burn calories. The routines are simple to follow and set to calibrated songs so you can get the rhythm down easily. **\*\*Reservations Required!**
- **Resistance Training Circuit:** This class uses free weights & weight machines in 1 min intervals to increase muscle strength.
- **Spin & Praise:** Sweat to contemporary Christian music in this 45-min spin class. Class will begin with a short devotional. **Free to all!!**
- **Spinning:** A specific format of indoor cycling, which is led by a certified instructor. Spinning is a great non- impact cardio workout that is highly effective in building cardiovascular strength and endurance. **\*\*Reservations Required!**
- **Step Aerobics:** Using a step platform, this cardio based class involves simple moves that are easier to follow, and can be Hi or Low impact to accommodate any fitness level.
- **Total Body:** This class is designed to work the total body using a combination of Pilates, weights, and body sculpting.
- **Wake-up Workout:** Start your day off right with a total body workout. This 60-minute class features 45 min of cardio work (HIIT) followed by weights, core work and stretching. Remember, all moves can be modified (up or down) to suit your fitness level. Come join us for some early morning fun!!
- **Yoga:** This class uses basic Yoga postures and proper “pranayama” (breathing techniques). Great for strengthening the muscles and increasing one's flexibility. Suitable for beginner and/or intermediate students. Yoga is also a wonderful way to relieve stress.
- **Zumba:** A Latin/International inspired fitness class that integrates hi/lo impact, easy to follow moves giving you a fun yet effective workout. Come dance your way fit!
- **All classes are FREE to members.**  
**Guests pay \$5 per class.**

Call 812-547-3565 or come into EverBody's Fun & Fitness Center to get started TODAY!

**Experience what everyone is talking about!**