

FitZone Class Descriptions

Barre: This format combines elements of ballet, Pilates, yoga and strength training into an endurance-based strength workout for longer, leaner muscles. Minimal equipment used. **Express** is a 45-minute class versus a 1-hour class.

Les Mills BODYPUMP™: is a barbell workout for anyone looking to get lean, toned and fit – fast.

Boot Camp: This 45-minute dynamic class utilizes various locations (inside & outside) and equipment (TRX, dumbbells, resistance bands, ropes, etc.) for a total body workout. The class will meet in the south gym and will begin with 5 minutes of warm-up, and then go, go, GO from there!

Cardio Dance: This cardio workout class provides a chance to express your inner dance diva with easy choreography and movements to some of your favorite music. You'll have a blast in this class!

Cycle: This class combines a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training. **Express** is a 45-minute class versus a 1-hour class. **Endurance** is a 90-minute class with longer duration sets. **HIIT** is a 45min class geared towards high intensity intervals.

Cycle-Yoga: This 75-minute class brings together cycling and yoga into one well-rounded workout. By combining 35 minutes of cycling with 35 minutes of yoga, each class optimizes your endurance, balance, flexibility, and strength. Recommended attire: shoes appropriate for cycling; comfortable clothing for Yoga; a water bottle; and a small towel.

Family Yoga: Join Judi for this 1.25 hour family class that will focus on playful poses, engaging games, simple breath techniques, partner family poses and a relaxing family savasana. Family yoga is a fun way for family of all ages to connect and spend quality time together. Ages 3-103! Yoga experience is NOT required, an open mind is! One time a month.

Kickboxing: This high-energy class with a "punch" will sculpt your body using punches, kicks and cardiovascular training.

Lift 'n Ride: Ride for the first 30 minutes and then finish up the hour with some weight lifting. A great workout for all levels.

Lunch Crunch: Packed with muscular strength and conditioning, core strengthening, cardio conditioning and flexibility.

Move It! Improve It!: This research-based drop-in exercise program, taught by certified therapists, uses the principles of Exercise for Brain Change to fight the effects of Parkinson's disease on posture, balance, coordination, voice, attention span, mood and fatigue. Learn basic movements in sitting, standing and 3 different floor positions. Progress to more advanced movement sequences while further challenging your brain. For more information, contact Katie Beasley (303-335-4914) or katieb@louisvilleco.gov

NIA: Barefoot CardioDance fusion develops flexibility, agility, mobility, strength & stability. Creative & holistic dance.

NIA Moving to Heal: Class designed for those looking for a gentler way to develop their well-being by using inspiring music to maintain strength, balance & mobility. NIA Moving to Heal can be done standing, in a chair or a combination.

Pilates Mat: All are welcome to this mind-body class that focuses on increasing core strength as well as flexibility. Controlled exercises are done on a mat usually in a sitting or lying-down position. Some exercises will also challenge the upper body.

Power Step: An advanced-level, high intensity, low impact aerobics class using a step bench. Involves movements and combinations with varying speed, travel and choreography.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is available if needed for seated or standing support. **CardioFit:** Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Circuit: Combine fun with fitness in this standing circuit workout. Upperbody strength work with hand-held weights, elastic tubing with handles, and SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support.

Yoga: Move through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement.

Total Body HIIT: The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance.

TRX (Total Body Resistance Exercise): TRX suspension training bodyweight exercises develop strength, balance, flexibility and core stability simultaneously. This class is held in the South Gym.

Ultimate Core: This class will focus on building abdominal and low back musculature; and enhancing surrounding muscle groups for stabilization and strength. Abs, back, glutes, and quads will be the focus with enhancement in the upper body in areas of lats and arm workout.

Yoga: Traditional Hatha yoga, Vinyasa-style (flowing, continuous movement between postures) focuses on breathing techniques, relaxation and proper alignment in postures which restores calm, balance, and enhances energy. The classes designated as **Yoga** are designed for all levels. **Burn** incorporates light hand weights, poses target and strengthen specific muscles. The occasional "cardio burst" creates an energizing and fun class! **Gentle** classes are slower paced with gentle transitions between postures. **Healthy Spine** gently opens the vertebrae increasing mobility, flexibility and strength.

Hips/Back focuses on poses that bring greater flexibility to the hips and lower back. **HIIT** power vinyasa flows with high intensity intervals using traditional yoga poses and making them dynamic. **Integral** involves staying in poses longer, releasing tension and stress. **Power** indicates a more vigorous, fitness-based approach. **Recovery** resets your body after weekend training and targets hips, hams, quads, low back and core. **Restorative** involves holding poses longer and use of props. It is designed to promote physical, mental and emotional relaxation.

ZoneTone: This class uses hand weights, bands and/or body bars for total body sculpting and toning. **Cardio** indicates an additional focus on increasing your heart rate.

Zumba®: A fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. **Family:** is a class that welcomes families to come to the dance party together. **Gold:** easy-to-follow and modified, low-impact moves for active older adults and people who want to move at a slower pace.