



RIVER CROSSING CLUB

FITNESS CENTER CLASS DESCRIPTIONS

AQUA ZUMBA*

A water-based workout that combines the high-energy dance moves of Zumba with the benefits of aquatic exercise. It's a low-impact, high-energy fitness class that incorporates Latin-inspired dance moves and music into a pool setting, providing a fun and effective way to tone muscles, improve cardiovascular health, and reduce stress.

Difficulty: All Levels (low impact)

CLASSICAL PILATES - BEGINNER

A mat Pilates flow consisting of beginner-level exercises focusing on core strength and stability, hip flexor/hamstring strength, and extension. Exercises will flow from one to the next. Modifications will be offered.

Difficulty: All levels welcome, but individuals will see greater success if familiar with the movement and abdominal engagement.

BODYSULPTING BARRE AND BARRE

A low-impact, high-repetition workout targeting the core, glutes, arms, and legs to build strength, improve flexibility, and enhance core stability. The Barre is there to provide stability, balance, and support as you move through the exercises. With a blend of dance, pilates, and yoga for stretches and posture, this class is a triple threat of functionality, fitness, and fun! No ballet experience necessary. We use a mat, resistance bands, and/or small weights.

Difficulty: All Levels

CLASSICAL PILATES - INTERMEDIATE

A mat Pilates flow combining beginner and more challenging intermediate movements, to include overhead work and a faster pace.

Difficulty: All levels welcome as modifications will be offered. Ideally, individuals should be able to perform all beginner exercises with proper form.

CARDIO PILATES

A no-jumping, low-impact, full-body fitness routine focusing on both strength and cardio that incorporates Pilates movement.

Difficulty: All Levels

CARDIO STRENGTH

A high-energy class that combines heart-pumping cardio. Get sculpted in this 45-minute class that hits every muscle group. During the class, we will go over what muscle groups are being worked to improve correct form and the importance of the mind-body connection while lifting. Strength training increases bone density, boosts metabolism, and reduces joint pain.

Difficulty: All Levels

CORE

The core is the center of all our movements, and therefore, strengthening it has many benefits such as better balance, improved posture, and reducing lower back pain. Join us for a quick 25-minute workout.

Difficulty: Intermediate

STRETCH

Need a little rest and relaxation? This class has you covered! During class we will focus on gentle stretching techniques to bring muscles back to optimum length-tension relationships with emphasis on improving mobility and flexibility to boost recovery and help you move more freely.

Difficulty: Beginner

INTRO TO CLASSICAL PILATES

For those new to the Pilates workout. Will concentrate on engaging and strengthening core muscles, hamstrings, hip flexors, and low back by breaking down the beginner movements into individual pieces. Class will concentrate on one or two exercises at a time, moving forward to a new exercise as strength and proficiency are attained.

Difficulty: All levels welcome. A good review for those at a higher level.

TOTAL BODY BURN AND BEGINNNER BODY BURN

Body Burn is a bootcamp-style workout where every class is different to keep your body guessing! The focus is total body conditioning to include weights, cardio, and a cooldown stretch. All Movements can be modified to accommodate the beginner to the more advanced.

Difficulty: Beginner to Advanced



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SUSPENSION TRAINING

Suspension Training allows an individual to create resistance by manipulating one's own bodyweight and can be used to develop core strength, mobility, joint strength and integrity, and basic foundational strength.

YOGA

Hatha Yoga is perfect for any body shape, those recovering, new to yoga, or experienced and seeking a calm challenge.

The relaxation response to release, rather than resist the physical sensations, is encouraged.

The use of yoga tools such as blocks, straps, blankets, and the wall eliminates unnecessary straining and avoids injury in order to obtain maximum benefit by bringing the body into a natural balance, which helps develop and build a foundation for strength and flexibility.

ZUMBA

A dance-fitness class that is set to zesty Latin music like Salsa, merengue, cumbia, etc. This class involves toning dance moves at a moderate pace to provide a workout that is cardio-centered, invigorating, and fun. Zumba has been known to increase cardiovascular fitness, muscular conditioning, flexibility, and balance.

Zumba Gold: is perfect for active older adult or beginners looking for a slower pace and lower intensity.

Zumba Toning: Puts an extra emphasis on toning and sculpting muscles-Light weights are used to add resistance to these dance moves.

Zumba Sentado- combines strength with innovative dance moves using a chair for a potentially high-intensity workout with low impact.