



RIVER CROSSING CLUB

FITNESS CENTER CLASS DESCRIPTIONS | FALL 2023

BARRE is a low impact workout which offers one of the fastest and most effective ways to burn calories and tone the body. The Barre is there to provide stability, balance, and support as you move through the exercises that target the core glutes, arms, and legs. 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**

CARDIO PILATES is a low impact, full body fitness program in which specific kinds of cardio activities are added to a Pilates routine. **Difficulty: All Levels**

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 30-minute workout. **Difficulty: Intermediate**

CIRCUIT is a fast-paced class designed to shed fat and build strength and muscle. We will hit each muscle by cycling through stations that include weights and cardio to get your heart pumping and your muscles burning. All movements can be modified to accommodate the beginner to the more advanced. **Difficulty: Intermediate to Advanced**

GOLF SWING is a 30-minute class that will strengthen your posterior musculature and shoulder rotator cuff. Stretching is also included since it will improve mobility in your spine and strengthen the muscles around your core, lower back, and hips. Get Ready to improve your golf game! **Difficulty: All Levels**

PILATES is a well-known exercise regimen that systematically uses specific exercises to challenge your core. This class is designed to develop core strength and stability, increase spinal flexibility, and develop low back strength. Pilates can be adapted for all levels. **Difficulty: Intermediate**

PIYO is a low impact workout that uses the most effective Pilates and yoga inspired moves to help burn fat and sculpt long lean muscles. **Difficulty: All Levels**

STRENGTH is a low impact class that hits every muscle group and gets you sculpted. 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. This is a no cardio zone! Strength training increases bone density, boosts metabolism, and reduces joint pain. **Difficulty: Beginner**

STRETCH OR BALANCE: 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. **Balance:** Get the benefits of the stretch class with an added challenge of improving balance with low impact moves. We start with 15 min of balance challenges and finish with 15 min of stretching. **Difficulty: Beginner**

TOTAL & BEGINNER 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 more advanced. **Difficulty: All Levels**

TRX 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. **Difficulty: All Levels**

YOGA This beginner friendly Yoga class will help you develop and build a foundation for strength, balance, and flexibility by giving focus to common tension patterns in the body through linking breath awareness as an essential body function with creative movement and gentle stretching to restore the body's natural balance. Each Physical pose has a particular emphasis on overall wellness and encourages adapting the use of props such as yoga blankets, straps, and blocks to eliminate unnecessary straining and to bring body into natural alignment. Yoga PM-Hatha Flow Yoga AM-Yin/Nidra. **Difficulty: All Levels**

Zumba is 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.

Difficulty: All Levels