

# CLASS DESCRIPTIONS

**30/30:** A fun, action-packed fitness class featuring a full 30 minute cardio segment using the step, hi-low aerobics, and plyometric movements followed by 30 minutes of strength training and stretching using weights, bands, balls, and bars.

**Basic Step:** An introduction to step aerobics, Basic Step includes low to moderate movements using adjustable platforms. Hand-held weights are used for resistance and muscle toning. This class focuses on hips, thighs, abdominals, and buttocks and includes cool down exercises at the end of the workout.

**Beginning Pilates:** New to Pilates? Learn the basics of this core-strengthening mat class while focussing on the proper alignment and form. Controlled movements improve strength, balance and coordination. Join us for Pilates and lengthen and strengthen your entire body!

**Boot Camp:** This high energy class works to build strength, stamina, and power while improving balance and agility. Alternating intervals such as plyometrics, strength training, cardio drills, and abdominal work target every part of the body. Burn fat, sculpt muscles and improve endurance in this challenging one-hour workout!

**Cardio Sculpt:** Get the best of both worlds in this extensive one-hour workout! Cardio Sculpt is a cross-training class that alternates between cardio drills and body toning exercises. Keep your heart rate up while working all major muscle groups. Resistance bands, stability balls, and free weights are all used to reshape and tone your body!

**Cycling:** Group cycling classes are offered 6 days a week at DSC! This is a great cardiovascular workout that also provides the benefits of muscular conditioning. Cycling shorts and shoes are recommended but not required. SPD compatible pedals are included on all bikes.

**Escrima:** Escrima refers to a class of Filipino martial arts that emphasize stick and knife fighting and defense. Learn how to fight with weapons or empty hands interchangeably! The focus is on defending against and/or reacting to angles of attack rather than particular strikes. Only those skills that are proven effective in battle and are easily taught are used.

**Interval Step:** This energizing class consists of intervals of step aerobics to improve cardiovascular endurance combined with strength training intervals to improve muscular strength and endurance.

**Karate:** The art of empty hand fighting. Karate emphasizes mental awareness as well as muscular and cardio-vascular conditioning. Benefits include self discipline, self control, endurance, coordination, strength and flexibility. Techniques for kicking, punching, blocking and kata (formal movements) are emphasized.

**Medispin:** A revolutionary new cycling class taught by Chris Grotefend! This class explores the physical, mental and spiritual realms as you ride to Light Source and Meda Music technologies. Experience the benefits of meditation and redefine the way you look at fitness!

**Pilates:** Pilates is a mat class that strengthens and stretches the muscles while focusing on core body muscles. Pilates flows through a series of movements that are dynamic, systematic and anatomically based to achieve functional fitness. It is a great workout for all fitness levels!

**NIA:** NIA stands for Neuromuscular Integrative Action. It is a revolutionary fusion fitness practice that blends dance, martial arts, and healing arts to inspire the body's natural way to move, strengthen, and achieve health.

**Senior Fitness:** Senior Fitness is a class designed for those 55+ years of age and for those who are interested in a mildly intense workout. This class includes warm up, cardio, and strength training followed by a relaxing stretch segment. Come join our enthusiastic group of seniors!

**Sport Pump:** A light weight/high repetition strength training workout involving large and small muscle groups. Weights, resistance bands, and stability balls are used to maximize stamina and endurance. Sport Pump provides a fun workout guaranteed to help develop lean muscle and tone your body!

**Yoga:** Yoga postures are great for increasing flexibility, lubricating joints, massaging the organs and calming the mind. Continued practice leads to complete body detoxification, increased awareness and reduced stress levels. Vinyasa-style power classes are taught in the morning and focus on developing strength, stamina, and flexibility. Iyengar-influenced classes are taught in the evening and emphasize body awareness, posture, and mental poise.