

Group Fitness Class Descriptions

ABS

Beginner - Intermediate

By incorporating a variety of techniques and modifications, this class will effectively and efficiently exercise the midsection of the body. Some examples of exercises included in this class are – crunches, planks, Russian twists, side planks, bicycles, roll downs, V-sits.

Back Pain Pathway

Beginner - Intermediate

A class designed for those with back pain and those who would like to learn ways to prevent it. Pain is our body telling us that a dysfunction is happening and warning us of danger. Pain tells us that if we do not move our body properly we will be in trouble later. By rediscovering the body's design and allowing it to work as intended, many disabling conditions can be reversed or avoided altogether. Being pain-free takes effort and commitment. If you are willing to put in the work, you will benefit from this class and reduce your pain. This class offers a systematic plan to bring the body back to normalcy.

Bands & Balance

Beginner - Intermediate - Advanced

Push yourself with a resistance training workout using only bands. Interval train between band exercises and cardio bursts using the track and cardio deck. A focus on core strength and balance will be an integral part of every class.

Barre

Intermediate - Advanced

Barre Fitness is one of the most effective ways to change the shape of your body. Using isometric movements that combine Pilates, strength training, yoga, and ballet, this class targets all major muscle groups for an exhilarating workout. The use of small balls, bands, and weights with upbeat music not only makes you smile but targets the arms, thighs, abdominals, and buttocks.

Barre Fusion

Intermediate - Advanced

This combination of Pilates and Barre uses postures inspired by ballet and other disciplines like yoga and Pilates. This whole-body conditioning class tones and lengthens muscles, increases strength, and improves postures and body mechanics. The exercises focus on isometric strength training with high reps and small range of movement exercises.

Bootcamp

Intermediate - Advanced

Bootcamp is exactly what it sounds like – a continuous, fast-paced array of exercises that will make you think you're a new recruit face-to-face with one of our drill sergeants. This is a circuit of exercises that changes day to day to keep it fresh. Cue cards are placed at each station so you can go seamlessly from exercise to exercise. Your effort makes this class as hard as you can take it.

Boxing Bootcamp

Beginner - Intermediate - Advanced

Be ready to sweat, swing, duck and weave. Relieve stress by strapping on the gloves and punching the heavy bag. Learn proper stance and technique for delivering a knockout combination.

Boxing Express

Beginner - Intermediate - Advanced

Punch in for a fast-paced, shortened version of Boxing Bootcamp. Just like the hour-long version, be ready to sweat, swing, duck and weave. Boxing Express allows you to get in, relieve the morning stress, and get out.

Circuit Strength

Beginner - Intermediate - Advanced

Circuit intervals use an array of equipment for toning and fat burning by combining cardio and strength into perfect sequences. This class uses the aerobics room, main floor, and track. Expect to work hard and feel great afterward!

Classical Pilates

Beginner - Intermediate

This class follows classical beginner/intermediate mat order, is appropriate for all levels and is great for new students. This solid-paced class promotes core strength, flexibility, better posture, balanced muscle development and toning, efficient movement and increased range of motion for the joints. This class often incorporates Pilates rings, weights and balls to engage specific muscle groups and assist with body positioning.

Club Spin

Beginner - Intermediate - Advanced

Let the music drive your workout. The beat is set to mimic the specific target heart rates for that workout. Pedal your way to a healthier life with an invigorating aerobic workout which intertwines energizing music and visualizations with a fun, effective workout class. Club Spin does not require a lot of coordination, yet it burns the same, if not more, calories as other aerobics classes. Cycling strengthens the heart and lungs, lowers cholesterol, decreases stress, minimizes the risk of some diseases and improves the overall quality of life. With the help of your instructor, you are able to control the pace and resistance in order to build your own workout.

Century Strength

Intermediate - Advanced

This class gives constant variety within a competitive environment. Expect high intensity and short durations with an emphasis on a thorough warm-up and exercise instruction. Most workouts are timed with an emphasis on completing a set number of exercises and repetitions under specific loads, all while maintaining full range of motion. There are 3 elements that make up exercise choices – Weightlifting, Metabolic, & Gymnastics. Weightlifting is anything that involves a weight (bar, KB, or DB), Metabolic is anything that is considered cardiovascularly challenging, and Gymnastics is anything that involves a bodyweight movement (pull-ups, push-ups).

Cycling & Core

Beginner - Intermediate - Advanced

This class will begin just like an In Gear class. You will focus your energy on endurance, strength, intervals, and recovery, all on the bike. The second part of the class will take you to the core. A series of traditional and non-traditional mid-section moves will help you build the desired shape and strength of a great athlete.

EFC Orientation

All levels

Orientations are offered to provide time for you to tour, ask questions, and learn about equipment throughout the fitness center. Please wear workout clothes so you can test out the equipment and learn by doing. This is a great time and place to learn about exercise guidelines and best approaches for safe and effective results. Inquire and sign up at the Service Desk.

Hydra Tone

Beginner - Intermediate - Advanced

Located at the Rehabilitation Hospital on the main campus, this low-impact, full-body workout is designed to challenge your cardio through resistance training while toning your arms, legs, and core. The non-weight-bearing aspect reduces stress and injury to joints and promotes greater range of motion, making it a great class for everyone. Just bring your bathing suit.

In Gear (Indoor Cycling)

Beginner-Intermediate-Advanced

This class focuses on endurance strength, intervals, high intensity, and recovery. Instructors typically simulate terrain and situations similar to riding a bike outdoors. You will work up a good sweat, so bring a small towel and plenty of water.

Kettlebell Bootcamp

Beginner - Intermediate - Advanced

Kettlebell Bootcamp combines variations of full-body strength movements with a great cardio and core workout.

Kids Camp (ages 5-8)

Fun and games in the Group Fitness Room! This class allows the kids to be active while you are being active. Our kids camp classes are taught by professionals with physical education backgrounds, and experience with kids at this level.

Kids Camp (ages 9-12)

Most kids dream of being professional athletes! We have them doing the drills and developing the skills that the pros do at their practices. We will meet on the track, where we can incorporate the hurdles, agility ladder, medicine balls, and many other “toys” into the games we play. This will be about having fun and being active while also helping to prepare them for some of the sports they are interested in. Our kids camp classes are taught by professionals with physical education backgrounds, and experience with kids at this level.

Mix it Up

All levels

This class has different instructors each day of the week to provide a variety of class options. This is formulated around “the instructor’s choice”, and their expertise in certain formats. You may have some influence if you ask nicely! The most fit individuals are those that participate in many different forms of exercise. Barre, Pilates, TRX, Spin, Strength, Endurance, Balls, Bands, just to name a few things included in these workouts. If you want to be ultimately fit – this is the class for you.

Olympic Weightlifting

Beginner - Intermediate - Advanced

Olympic Weightlifting revolves around the two competition lifts, the snatch and the clean & jerk which are two of the best exercises to increase coordination, flexibility, strength, and power. Beginners will learn Pendlay's three-step method focusing on how to perform the movements safely. More advanced levels will be able to fine tune their technique while building strength.

Physique

Beginner - Intermediate - Advanced

This class focuses on developing specific body parts. For example, one session might focus on chest and back, and the next might hit legs and glutes. If you are looking to strengthen a specific area or have trouble developing a particular muscle group, this class is for you.

Pilates

Intermediate - Advanced

Geared for intermediate to advanced. The level depends on class needs or experience where modifications are given to each participant. A basic Pilates mat series that honors the integrity of the original method taught by Joseph Pilates is combined with a closing stretch section. This class educates and informs you about the anatomical foundations behind the exercises so you can achieve maximum benefit, by building core strength, ironing out asymmetries in muscle alignment and usage, and providing key elements in injury prevention.

Pilates - Gentle

Beginner - Intermediate

Designed for individuals new to Pilates or who have mastered some of the basics. The level depends on class needs or experience. This class teaches how to properly perform each movement. Instructors provide variations and modifications to meet your physical needs and skill level.

Running 101

Beginner - Intermediate

Whether you are beginning a Couch to 5K program or just looking to improve technique, this class is a great place to connect with other runners and learn basics needed to run safely and more efficiently. Learn about stretching and mobility, running technique, strength exercises specific to running, and programming for 5Ks to marathons. Classes may be held inside or out, depending on weather.

Strength & Endurance

Intermediate - Advanced

Get your body leaner and stronger. Stronger muscles, stronger core, stronger YOU! In this class, you will use your body weight, barbells, BOSU's, rope, and much more to define every muscle group in your body.

Track Conditioning

Beginner - Intermediate - Advanced

This all-level class combines endurance, agility, and strength. It has all the great features of a boot camp with an obstacle course feel. Class meets on the upstairs track. This fun, intense class combines cardio and a full-body workout and is great for people who want to lose weight or trim body fat.

Yoga 101

Beginner

In this class you will explore Yoga in a safe, comfortable environment. This class is conversational and supportive, making everyone feel comfortable. You will explore breathing, alignment in foundation yoga postures and build up to a sun salutation. With basic yoga postures, you will feel the rewards of a healthier spine and greater range of motion. This class is designed for new practitioners or for anyone who wishes to gain a deeper understanding of foundational poses.

Yoga – Flow and Reflect

All levels - intermediate

Fluid flowing class with an emphasis on developing a playful yet powerful practice, incorporating props such as blocks and straps to allow your practice to grow and develop. This class is designed for practitioners with a foundation of yoga poses. It is recommended that brand new yogis start with Yoga 101.

Yoga – HIIT (High Intensity Interval Training)

Intermediate

With this upbeat energetic class you are sure to rev up your heart rate, break a sweat, and build your strength with high intensity interval training. The sequence will test your endurance and push you to your edge. This class is designed for practitioners with a foundation of yoga poses. We recommend that brand new yogis start with Yoga 101.

Yoga – Warrior Flow

Intermediate / Level 2

Moderate to quick paced class meant to build strength and flexibility through a challenging and vigorous Vinyasa flow. This class is designed for practitioners with a strong foundation and understanding in yoga practice.
