

## Group Fitness Class Descriptions

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### ABS

#### *Beginner - Intermediate*

Designed for individuals ranging from beginner to advanced. By incorporating a variety of techniques and modifications, this class will effectively and efficiently exercise the midsection of the body. With distinct body positions and movements, you will definitely leave feeling exerted and longing for more.

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### Aqua Fitness

#### *Beginner - Intermediate - Advanced*

Located at the Rehabilitation Hospital on Oleander Drive, 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.

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### Back Pain Pathway

#### *Beginner - Intermediate*

A class designed specifically for those with back pain as well as 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 of the disabling conditions that take such a personal toll can be reversed or avoided all together. Being pain free takes personal effort and commitment. If you are willing to put in the work we guarantee that you will benefit from this class and find yourself in less pain. This class offers a systematic plan to bring the body back to normalcy.

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### 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.

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### Barre

#### *Intermediate - Advanced*

Barre 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.

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### Barre/Pilates

#### *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.

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## **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. Effort makes this class as hard as you can take it.

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## **Boxing Bootcamp**

### ***Beginner - Intermediate - Advanced***

Be ready to sweat, swing, duck and weave. This Boxing Bootcamp class allows you to relieve stress by using gloves and a punching bag. Learn to use the gloves, bags, ropes, mits, proper stance, and technique.

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## **Boxing Express**

### ***Beginner - Intermediate - Advanced***

This class is 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.

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## **Circuit Strength**

### ***Beginner - Intermediate - Advanced***

Circuit intervals utilize an array of equipment for toning and fat burning by combining cardio and strength into perfect sequences. This class will utilize the aerobics room, main floor, and track. Be expected to work hard and feel great afterwards!

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## **Classical Pilates**

### ***Beginner - Intermediate***

This class follows classical beginner/intermediate mat order and is appropriate for all levels and is great for new students. It's a solid paced class that 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 magic circles. Weights and balls are often utilized to engage specific muscle groups and assist with body positioning.

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## **Club Spin**

### ***Beginner - Intermediate - Advanced***

Music is the driving force behind this workout. The beat in the music 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 unique workout class which is fun and effective. Club Spin does not require a lot of coordination like other aerobic classes, yet it burns the same, if not more, calories in 60 minutes. Cycling classes have been shown to strengthen the heart and lungs, lower cholesterol, decrease stress, minimize the risk of some diseases and improve the overall quality of life. With the help of your specialized instructor, you are able to control the pace and resistance in order to build your own workout. Come see what Club Spin has to offer and the health benefits associated with this fun and supportive interactive workout.

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## **Century Strength**

### ***Intermediate - Advanced***

This class is designed to give constant variety within a competitive environment. You will participate in workouts that are definitely different than your usual strength class. Expect higher intensities and shorter 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.

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## **Cycling & Core**

*Beginner - Intermediate - Advanced*

This class will begin just like you are used to during In Gear. Focusing 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 to build the desired shape and strength of a great athlete.

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## **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.

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## **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. It is recommended when riding in a class to bring a small towel and plenty of water.

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## **Kettlebell Bootcamp**

*Beginner - Intermediate - Advanced*

Kettlebell Bootcamp combines variations of full body strength movements with a great cardio and core workout. Always something new while giving you a great workout every time!

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## **Kick – Boxing Bootcamp**

*Beginner - Intermediate - Advanced*

Kick – Boxing Bootcamp is tremendous workout that improves your coordination, agility, balance, and core strength through a variety of moves. Some of those moves include jumping rope, shadow boxing, kicks, punches, and fancy footwork. This class will test your stamina as you unleash your inner beast and become a champion.

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## **Kids Camp (5 - 12 years old)**

Fun and games in the Group Fitness Room! This will be a chance for the kids to be active while you are being active. Our kid's camp classes are taught by professionals with physical education backgrounds, and experience with kids at this level.

**Parents must be in the fitness center.**

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## **Kids Circuit (7 - 12 years old)**

Circuit class for kids ages 7-12.

**Parents must be in the fitness center.**

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## **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.

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## **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, as well as a closing stretch section. Class educates and informs individuals of the anatomical foundations behind the exercises so they can perform them to achieve maximum benefit, by building core strength, ironing out asymmetries in muscle alignment and usage, and providing key elements in injury prevention.

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## **Strength & Endurance**

### ***Intermediate - Advanced***

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

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## **Track Conditioning**

### ***Beginner - Intermediate - Advanced***

This class is for people of all fitness levels. It combines endurance, agility, and strength. It has all the great features of a boot camp with an obstacle course feel. It will take place on the upstairs track where we will perform exercises for all muscles in the body. This is a great workout for people who want to lose weight, trim body fat, or for an intense cardio session that will ensure a full body attack. If you're looking for a fun and intense work out that always keeps you on your toes this is the class for you!

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## **Yoga**

### ***Beginner***

In this class we will explore Yoga in a safe, comfortable environment. We will explore breathing, alignment in foundation yoga postures and build up to a sun salutation. With basic yoga postures you are sure feel the rewards of a healthier spine and greater range of motion.

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## **Yoga – Vinyasa Flow**

### ***All levels***

Vinyasa flow yoga synchronizes movement from one pose to the next with the breathe while bringing awareness to alignment, strength, and flexibility.

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## **Zumba**

### ***Beginner - Intermediate - Advanced***

No previous dance experience required – just bring your desire to learn some fun moves. This exhilarating dance fitness program combines Latin and International music with dance to make you forget you're exercising. Don't forget to pick up a hand towel and water for this calorie burning dance fitness class.  
, abs, glutes, and thighs.

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