

Group Exercise Descriptions

Classes	Packages	Member Price	Non-member
Pilates Reformer (Group Sessions)	Single Session	\$18	\$30
	Package of 6	\$105	\$168
	Package of 12	\$198	\$300
Advanced and Beginner Swim (Group Sessions)	Package of 12	\$75	\$100
	Monthly	\$50	\$75

AB EXPRESS

30 min abdominal class using core exercises for all fitness levels

ADVANCED BALANCE AND STRENGTH

Enjoy this challenging but fun class. Lead by two instructors, this class will improve both strength and balance.

BODY BLAST 25 MIN. (ADV)

Total body conditioning, high repetition weight training that works the major muscle groups..

CARDIO CORE

Warm up ,then fifteen minutes of cardio and fifteen minutes of core work, completed by 5-10 minutes of stretch.

CARDIO LINE DANCING

Exercising to beats of music, learn all types of line dances, challenge your movement working out while having fun.

CARDIO STEP

High-level, high-impact step aerobics. For advanced individuals wanting a cardiovascular workout.

CORE and GLUTES

Total body strength conditioning with dumbbells and floor exercises and balance drills with and without weights

DIABETIC EXERCISE*

A program for those with diabetes or sugar imbalance. Designed to develop self-management skills. Fee is \$5 per class for members, \$20 for non-members.

EXTENDED YOGA EXERCISE

Advanced postures, breathing and meditation in a 1.5 hour class.

FALL PREVENTION

Centered around functional strength and balance, this class involves exercises to improve your everyday functions.

FASCIA FIX

This class focuses on the neuro-fascial system (the nerves + connective tissue). Through a blend of corrective exercises & self-massage methods using specialized soft rollers & therapy balls, your body will feel aligned, balanced, relaxed and less stiff. (This class is for EVERYONE; however, participants must be able to get on the mat/floor.)

FUN FITNESS

Low impact fitness focused on building stronger bones, increasing cardiovascular strength, improving balance, flexibility and posture

FUNCTIONAL FITNESS (30 min.)

15 minutes of stretching to music followed by 15 minutes of strength and balance.

GROUP STRENGTH

A total body workout that moves and supports all the major muscle groups The use of various apparatus, ie, using weights, bands, balls, chair, mats, etc creating an atmosphere of strength training for all ages

INTERVALOCITY

Interval class utilizing 3 minutes of cardio and 1.5 to 3 min. of weight lifting using dumbbells.

ISOMETRICS & REHYDRATE

This class focuses on corrective techniques for muscular imbalances & tissue re-hydration methods for pain relief, functional strength & flexibility; must be able to get on the mat/floor."

KETTLEBELLS

A strength & conditioning program that begins with a kettle bell (KB) strength & skill session followed by an eclectic mix of body weight exercises & KB movements. Burn Time: 30 minutes

MINDFULNESS/ MEDITATION

Learn to focus and reduce stress while relaxing while sitting in a chair

NEW LIFE ACTIVE ADULT

Engage in strength training, core, development, work on balance, flexibility and stretching. Our students are inspired to challenge themselves.

PILATES REFORMER*

Utilizing specialized equipment in a small 5 person class (see floor pilates description).

PILATES PLUS STRETCH

Pilates technique combined with extensive stretching to enhance core strength and flexibility.

Silver World Dance Jam

New, fun, smooth cardio dance class that targets the core and legs while learning the basic moves to cuban style salsa, merengue, cha-cha-cha and more! Easy to moderate cardio.

SPINNING®

Indoor group cycling combined with motivational coaching and breathing awareness.

STRENGTH TO THE CORE

Target the core abdominal muscles and lower back.

TAI CHI

Chinese martial art emphasizing fluidity, circular motion and a strong base of support in the legs. Circulate the body's energy and improve focus.

TOTAL BODY CONDITIONING

Strength training using balls bands and weights. Great class for toning

YOGA

Based on the Hath method. Learn specific postures, breathing exercises and meditation to increase flexibility, muscle tone, balance and harmony.

ZUMBA®

Latin dance-based, high energy cardio class with resistance training.

WORLD DANCE JAM

New, fun, smooth cardio dance class that targets the core and legs while learning the basic moves to cuban style salsa, merengue, cha-cha-cha and more! Moderate to fast cardio

AQUATIC CLASSES

ADVANCED SWIM CLASS*

Learn to swim like a pro! Improve your swim technique including stroke, breathing and kick tactics.

AI CHI

Flowing, yet powerful progression moves combining deep breathing exercises with slow, physical and mental transitional moves.

AQUACISE

Warm-up, stretch, cardio, muscle strengthening, endurance, flexibility, tone and cool down all done in water.

AQUA BOX

Cardio and kickboxing moves in the water make exercise much more fun

AQUA FITNESS

Increase flexibility, range of motion, strength and endurance for functional abilities

AQUA PUMP

Increase mobility and flexibility while focusing on coordination.

AQUATIC BODY SCULPTING

Low-impact class designed to work the body from head-to-toe by toning and increasing lean body mass.

AQUATIC PLUS

Improve your overall health with this dynamic full body workout that will enhance your balance, strength and cardiovascular levels.

BEGINNER SWIM CLASS*

Learn the basic techniques of swimming. This class is for those who have very little experience or cannot swim.

DEEP WATER WORKOUT

This class consists of cardiovascular and muscle strengthening exercises plus core stabilization. Participants wear an aqua jogger.

H2O ARTHRITIS

Non-impact, range-of-motion exercise for the major joints of the body using water resistance.

INTERVAL INTEGRATION

Variation in tempo and effort with specific aquatic tools for controlled muscle strength and endurance with interval training.

MUSCLE, BONE AND JOINT

Do you have arthritis, hip or knee replacement or limited mobility? Come strengthen your muscles with no to low impact to your bones and joints

WATER POWER

This is an intense class working the whole body without stopping. It's is a quick way to burn calories and tone your body all at the same time. A full body workout.

www.hbufit.org
281.649.3500