

Group Exercise Class Descriptions

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In All classes, PLEASE...

- Take your time and always warm up...
- Pace yourself always, and please don't give up...
- Your goal is NOT always to be sore...
But for each day to be able to do a little bit more...
- When warming up your muscles up from head to toe...
- Your movements should always be controlled and slow...
- Please wear good supportive sneakers for your sake...
- Improper/worn out ones are going to make your feet ache...
- Remember to drink plenty of water, too...
- We don't want dehydration to get to you!!!
- So, please exercise carefully, and try not to be late...
- Have fun, stay with it and you're going to feel great!!!

Lite & Lo

This class is designed to meet the needs of all fitness levels. Low impact moves provide a great cardiovascular workout with minimal impact to body joints. This class is designed to teach the basic steps of more demanding workouts while providing a comfortable workout level. Suitable for the beginner.

Aerobic Conditioning

A 45 minute cardiovascular class that incorporates hi & low impact moves that include dance and athletic movements.

Cardio Combo

A cardio workout consisting of step, kickboxing and aerobic combinations.

STEP

This class involves stepping up and down on an adjustable platform (2 - 10 inches tall). Basic STEP contains just the basics and is therefore suitable to all new steppers. The result of a STEP class is a sustained cardiovascular workout.

Double Step/Step Interval

This 60-minute class is a very powerful and is taught with one or 2 steps. Moves are taught in level of intensity, not choreography. A great workout. All levels of intensity are taught from low to high. Barbells, dumbbells, tubing may be used.

Taerobics

Aerobic conditioning done with kick boxing moves and punches incorporated with aerobic dance moves. A fun, kick of a class!

Cardio Hip Hop

A 45 minute class incorporating various hip hop movements with other dance moves. A great way to get exercise and have fun!

Funky Groove/Zumba

Learn some Latin Salsa moves, and move those hips! Kelly makes you move and groove to fun energetic music!

Latin Groove

Lisa gets you to dance to the latin beat While moving those hips and arms as you move across the floor! Lots of fun, lower impact and easy to follow!

Boot Camp/Barbell Boot Camp

This class can consist of Power Pacing bikes, resist-a-balls, weights, barbells, jump roping, medicine balls, hula hoops, cardio equipment, Keiser equipment, running stairs, balance & core. Exercises are done in intervals, and in groups. (Advanced) Not recommended for beginners.

Moving Muscle

A conditioning workout that is both cardiovascular and muscle toning. It is performed with light hand weights as props to create this conditioning effect. This class maximizes heart rate and toning into one class. Produces great results

Body Sculpting (Non-Aerobic)

A 30-60 minute class. This class includes muscle strengthening & endurance exercises for the major muscle groups in the body. The instructor will teach you proper form while leading you to a more toned and defined body. This class is suitable for all fitness levels. Tubing, resist a balls & weights are used and are supplied by the club

Barbell Workout/Powersize

A muscle conditioning class done with a barbell and plates, to work on muscle strength & endurance, improving your lean muscle mass by decreasing body fat. Class also includes dumbbells and tubing working all body parts.

Outdoor Fitwalk- (Spring-Fall)

A 2-3 miles walk route or 3-5 mile run route of one's choice. A great way to get some fresh air and cardiovascular conditioning. If it rains, we will walk on the treadmills.

Stretch and Sing

This class offers stretching for those who don't and are not flexible. Basic stretches

With the use of tubing to help straighten out those legs. Lots of singing too!

Nothing like singing while you stretch!

Core Conditioning

A 30-45-minute class focusing on ABS

& back focusing on core strength and functional exercises. Medicine & resist a balls used. Stretching too.

Power Pacing

A bike class, developing terrific cardiovascular conditioning through endurance, intervals, and recovery rides. You don't have to be a cyclist to join in.

Power Pacing Interval

A 60-minute bike class that incorporates interval training with bikes, Abs, back, push-ups and stretching.

PMS - Powerpacing, Muscle & Stretch

A 60 minute class that incorporates the bike, muscle and stretching exercises done in intervals. An all body workout!

Pilate's

This class offers you a body balancing system that strengthens, lengthens, re-aligns and defines your body

Basketball

Come and play for fun with men and women, that play. Experience not necessary but a plus.

Women's Basketball/25 yrs old & up

No experience necessary. Free to members, non-members \$5 (limit of 5 visits). No advance signup necessary – just show up and play.

DID YOU KNOW: You can view and download the current Group Exercise schedule online.

Visit www.longfellowclubs.com

Contact Teresa at 508-358-7355 ext 317