



Del Norte Club Group Fitness Class Descriptions

Updated 3/2009

Group Exercise Classes	Class Name	Category	Class Level	Description
	Ab Blast	Strength	All Levels	A 30-minute class to help tone your abs and develop core strength. 30 minutes
	Arthritis Tai Chi	Mind/Body	Senior, All Levels	Ancient martial art with modifications for arthritis sufferers. Easily modified to perform in chair. Co-sponsored by the Arthritis Foundation.
	Aerolite	Cardio	Senior, All Levels	No impact aerobic class with light toning and stability ball training. Classic floor Aerobics.
	 BODYPUMP	Strength	All Levels	Group strength and endurance training class using barbells. Adjustable for all levels. The "fastest way in the universe to get in shape".
	 BODYVIVE	Cardio/Strength	All Levels	Low impact class integrating cardio and resistance intervals with stretching and mobility work, all set to popular songs of the 60's, 70's and 80's. Perfect for active adult exercisers and can be modified for
	Cardio Fusion	Cardio	All Levels	A high energy cardiovascular conditioning class to train your aerobic system. Includes simple athletic moves and great music. 45 minutes
	Fencing	Specialty	All Levels	Using the technique of Classical Fencing and the French Foil this martial art develops strong lean muscle, flexibility, hand-eye coordination and mental agility. Loaner equipment available.
	Muscleworks	Strength/Cardio	All Levels	Circuit/interval class with strength, agility, balance, and cardio drills. 30 minutes
	Pilates Core	Mind/Body	All Levels	Pilates inspired workout focusing on postural muscles, body alignment, and breathing. Mini balls and stability balls will be used. 30 minutes
	Pilates Mat	Mind/Body	All Levels	Pilates class focusing on alignment, correct posture, and core strength to develop a lean, toned, and defined body shape. 45 minutes
	Stable & Strong	Strength	Senior, All Levels	Overall strength and balance workout designed specifically for the needs of senior exercisers. 45 minutes
Tai Chi	Mind/Body	All Levels	Ancient martial art conditioning class focusing on concentration, strength, coordination, relaxation, balance, and flexibility.	
Yoga	Mind/Body	All Levels	Refresh mind and body with classic class with easy to follow poses and combinations. Helps increase flexibility, concentration, and relaxation.	

Aquatic Fitness	Class Name	Category	Class Level	Description
	A-A-A	Aqua	All Levels	Anti Aging Aqua -Water is the fountain of youth! This is a great beginner class emphasizing cardiovascular improvement and flexibility.
	Aqua Circuit	Aqua	All Levels	Circuits composed of cycles of cardio alternated with cycles of muscle strengthening with equipment. A classic aqua workout for everyone. AC + includes jumps and treading.
	Aqua Combo	Aqua	All Levels	A variety of styles, intensities, and equipment designed to provide a great workout every time. Saturday class 9-10:15am
	Aqua Power	Aqua	All Levels	Learn how to add Power to basic water moves and burn calories in the large muscles. Whole body strength training and stretching also included.
	Aqua Rx	Aqua	Low Intensity	Just what the doctor ordered. A gentle mix of walking, stretching, and strengthening. Low intensity for those who need it. Arthritis Foundation Approved
	Cardio Interval	Aqua	All Levels	An great water workout using time to train muscles. Varying cardio intervals insure a complete aerobic workout. Gentle stretching also included. CI+ adds more challenging intervals.
	Noodle Mania	Aqua	All Levels	Use the noodles to learn transitions and holds to maximize core workout. Varying intensities to regulate cardio/core training. Includes range of motion exercises to increase flexibility.
	Water Walking	Aqua	All Levels	An active class using different travel patterns to maximize the resistance of the water. A good class for training at any level.