

Basic routines will be demonstrated in the beginning segments of all classes. It can take several classes to begin to feel comfortable with the routines. Stick with it! Feel free to ask your instructor for additional help with the moves.

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## CLASS DESCRIPTIONS

**AQUA AEROBICS** A great way to work out in the pool! Use the water to create resistance to improve your cardiovascular fitness, strength and endurance. Great for people of all fitness levels! Swimming skills are not required. Never tried it before? Not sure where to start? Start with Aqua Basics!

**BODY SCULPT** This class involves the use of resistance (hand held weights, weighted bars and resistance bands) to improve muscular strength and endurance. Try it out. It's a great way to get toned!

**INTERVAL WORKOUT WITH CARDIO DANCE MOVES** involves a combination of high intensity work with low intensity recovery periods or intervals. Latin dance cardio moves, resistance training with weights, resistaballs and body bars included for an extra punch. A great way to cross train and increase overall fitness!

**INSTRUCTOR'S CHOICE ...** who knows? Take a class and be surprised! We guarantee you'll get a workout.

**PILATES STYLE MAT WORK WITH DYNABANDS AND RESISTABALL / STRETCH AND BALANCE WITH BALL** Finish up with Pilates style stretches or Resistaball and general stretch that will help to strengthen and stabilize your torso and send you off completely relaxed. These classes are sure to be crowd pleasers.

**STEP AEROBICS** Step is a high energy, low impact workout adaptable for all fitness levels. It involves stepping up and down on an adjustable platform. Upper body movements are added to provide a complete workout. Step works every major muscle group in the lower body while also training the upper body. It not only shapes, tightens and defines muscles, but also burns fat.

**STONE AND STRETCH** is a class which combines aerobic activity with resistance training using weights and/or resistance bands. Get your cardio and strength training all in one class!

**YOGA** Yoga focuses on breathing and posture to restore the body to a more healthful state. Through Hatha Yoga, participants will learn to improve their posture and reduce symptoms associated with high blood pressure, allergies, and other physical imbalances. Participants should bring a towel and are encouraged to wear non-binding clothing, refrain from eating for 2-3 hours before the class, and avoid wearing heavy perfumes or loose jewelry. Suitable for all ages and fitness levels. Gentle yoga is particularly suitable to beginners.

**WEIGHT TRAINING ON THE BALL** A total body workout using resistaballs and free weights. No better time than now to get in shape. Give it a try!

**ZUMBA!** Move like you never thought you could! Learn to dance and get a great workout at the same time. Anyone can do it! Beginners welcome. Sweat, sweat, sweat!

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NOTE: Individuals who do not exercise regularly should check with their physician before starting this or any exercise program. Beginners should participate at their own comfort levels. With increased participation you will find that you will be able to keep up with the pace of the class. If you feel out of breath or fatigued, move to a less intense level of exercise (e.g. step down from the step and march on the floor). If you feel pain, stop what you are doing immediately. See the instructor to discuss problems you may be having or to have your questions answered.

**YOUR SUGGESTIONS ARE IMPORTANT TO US.**

**IF YOU HAVE ANY SUGGESTIONS FOR IMPROVING OUR GROUP FITNESS PROGRAM, PLEASE SUBMIT THEM TO [marianne.mclaughlin@csi.cuny.edu](mailto:marianne.mclaughlin@csi.cuny.edu)**