

GROUP FITNESS

CARDIO CLASSES

Cardio classes incorporate a wide range of exercises at varying intensity levels designed to condition participants, achieve personal fitness goals and develop a sense of body awareness.

Sweatshop: Sweatshop is an exhilarating cardio class that includes choreographed routines and movements both on and off the step. This class offers continual intensity options to satisfy all fitness levels.



Boxing: This non-contact workout includes both cardio and strength training routines in an energizing environment. Boxing incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power.



Cardio Strength Interval (CSI): CSI is a combination class created from a physiological perspective. The format consists of intense four-minute intervals of cardio on the floor or step, followed by one-minute strength segments. This all-level class is a toning and cardio workout in one, with an emphasis on intensity options and modifications for optimal results.



Step Challenge: Step Challenge will push even the most experienced steppers through complex choreography. This high intensity class moves beyond the basic step routines to include ½-hop turns, direction changes, around-the-world and other challenging moves.



Complete Conditioning: Complete Conditioning incorporates a variety of athletic drills with a focus on cardio endurance, power, agility and strength. This unique class will be held outside, weather permitting. The class will transition indoors to the North Gym for the same intense workout when necessary.



Cardio Lite: This 35-minute basic cardio class provides a quick and revitalizing cardiovascular workout. The choreography and intensity options are held at a light level to maintain energy and exhilaration throughout the entire workout. **(35 MINUTES)**



Cardio Blast: This 35-minute advanced cardio class pumps up the intensity and provides a cardiovascular challenge. Advanced options are incorporated to supply an efficient cardio blast. **(35 MINUTES)**

