

# CLASS DESCRIPTIONS

Defined Fitness is proud to offer group fitness classes for all fitness levels. To achieve the best training results, experts recommend cross-training. Take advantage of the variety of classes at Defined Fitness. The key below will help to determine which classes are best suited for you.

**B=Beginner**  
**I=Intermediate**  
**A=Advanced**  
**S=Senior**

## CYCLING

**Cycling:** Class focus will vary. May include variations of speed, resistance, body position, pedal stroke, heart rate, balance and strength. Duration- 45 minutes to 2 hrs.  
**BIAS**

## LAND AEROBICS

**African Dance:** Creative blend of African dance moves that allow for freedom of expression & a great workout.  
**BIAS**

**Belly Dancing:** Safe, gentle exercises helps to tone the body, increase flexibility, stamina, posture and balance.  
**BIAS**

**Boot Camp:** This class replicates military drills combining aerobic, anaerobic & strength training segments. Includes a variety of equipment.  
**IA**

**Cardio Blast Interval:** A combination of high/low impact cardio using a variety of fun, easy to follow dance moves.  
**IA**

**Cardio Dance:** An energetic class that incorporates a variety of dance steps into a low impact cardiovascular workout.  
**BIAS**

**Cardio Kick:** A nonstop total body workout to increase stamina, strength, balance & flexibility using various non-contact punches & kicks.  
**BIA**

**Family Drums:** A fun, drums class using fitball & drumsticks set to music. Open to kids(6 & up), parents.  
**BIAS**

**Fitball:** Resistance training with a ball designed to tone & increase muscular endurance and strength, improve balance and coordination and enhance flexibility and posture.  
**BI**

**Fit & Flex:** A low impact, strength and stretch class with music from Big Band to Rock n' Roll to Disco!  
**BIS**

**High NRG(Energy):** High impact exercises that may include running, jumping, etc. This class will get your heart pumpin'.  
**A**

**HighNRG/LS(High Energy/Low stress):** Incorporates both High NRG and Low Impact modifications.  
**BIA**

**Hip Hop:** A funky dance class incorporating today's hip dance moves. No dance experience required, just a desire to have fun.  
**BIA**

**Kickbox Interval:** Top to bottom cardio workout focusing on proper kickboxing form and utilizing boxing gloves, focus mitts & other equipment. (All equipment provided)  
**BIA**

**Low Impact:** Low stress aerobic exercise with one foot always on the floor. Higher intensity moves are demonstrated & optional.  
**BIS**

**Mid Mgmt (Middle Management):** A fifteen minute class designed to isolate abdominal muscles.  
**BIAS**

**Sculpt/Powersculpt:** Power movement and strength training used to define all major muscle groups of the body. May include the use of weights, bands and body bars.  
**BIA**

**Quick Fit:** This 30 minute class uses a variety of equipment to form an intense, interval-type class, alternating between strength training and cardio.  
**BIA**

**Salsa:** A low impact aerobic workout centered around Latin dance movements. Have fun while exercising those hips and legs.  
**BIA**

**SilverSneakers I:** Muscular Strength & Range of Movement-designed to increase strength, range of movement, agility, balance and coordination. To improve physical fitness & sense of well-being.  
**BS**

**SilverSneakers II:** A great compliment to the level I class. Incorporates a great cardio workout with limited use of the chair.  
**BIS**

**Step 1:** Learn the basic steps and combinations utilizing steps and risers (optional).  
**B**

**Step 2:** Step class that utilizes basic movements found in Step 1, but expands variations and increases challenge. *Prerequisite Step 1.*  
**IA**

**Step 3:** An advanced class to challenge experienced steppers by incorporating power movements and techniques. *Prerequisites: Step 2.*  
**A**

**Step Interval:** Step combined with High NRG, LI, aerobic movements and patterns.  
**IA**

**StripTease:** Fun cardio workout using dance to get the heart pumpin'. No dance experience required.  
**BIA**

**Tae Bo@ Cardio Kick:** Uses classic techniques from martial arts & boxing all set to music. A controlled and disciplined workout.  
**IA**

**TBC (Total Body Conditioning):** Class incorporates strength & cardio segments using a variety of resistance equipment for a full body workout.  
**BIA**

**Zumba:** Fusion of Latin & Intl music & dance themes to create a dynamic, fun class. Mix of body sculpting w/easy to follow dance moves.  
**IA**

## MIND & BODY

**Nia:** Fusion blend of Eastern & Western modalities. Embraces creativity, self inquiry & free expression.  
**BIAS**

**Yoga 1:** Focuses on balance, strength, coordination and flexibility.  
**BIAS**

**Yoga 2:** An advanced class based on the principles learned in Yoga 1. *Prerequisite: Yoga I.*  
**Prerequisite: Yoga I:**

**Yoga for Cyclists:** Focuses on more flexible hams, quads & glutes in addition to strengthening core & upper body.  
**BIA**

**YogaStretch:** Designed to challenge you physically & mentally with simple/safe yoga exercises. Using a chair for support, you'll increase flexibility.  
**BS**

**Partner Yoga:** Done in pairs using a partner's strength, weight, and active assistance. balance of active and passive stretches.  
**BIAS**

**Pilates:** Exercise for all levels of ability focusing on strength, flexibility and balance with an emphasis on the core muscles.  
**BIAS**

**Pilates II:** Intermediate class for people with prior experience. *Prerequisite: Min 4 regular Pilates classes.*  
**IA**

**Power Yoga:** A challenging style of yoga linking balance, strength and flexibility using flowing movements with controlled breathing.  
**IA**

**Tai Chi:** An ancient martial art focusing on relaxation and proper breathing techniques. Emphasis is on coordination, balance and concentration.  
**BIAS**

**Tai Chi II:** Development of Yang style Short & Long form for the advanced student.  
**A**

**Yoga Fusion:** This mind/body class brings together yoga with other disciplines like Pilates, sports conditioning, dance and others creating power, grace, balance and flexibility.  
**BIAS**

## WATER AEROBICS

**Water Movements:** A beginning level class focusing on slow, controlled movements providing full range of motion in major joints and muscles. Especially beneficial for people with arthritis.  
**BS**

**Adaptive Aquatics:** A class designed for people with arthritis or joint challenges. Taught by certified Arthritis Foundation instructor.  
**BIS**

**Aqua Fitness:** A high intensity water workout utilizing the natural resistance of water. Designed to improve cardiovascular fitness, muscular strength and endurance.  
**BIS**

**Aqua Challenge:** A water workout that may be conducted in deep water. Flotation equipment is required and provided.  
**A**