

MARJCC GROUP EXERCISE CLASS DESCRIPTIONS

Boot Camp: Boot Camp combines circuit style training with training in a specialized form of performance exercises that gives a full body, high intensity workout.

FitBoxing: This cardio class sets intense boxing moves to motivating music. It's the ultimate cardiovascular challenge—a unique blend of intense intervals and strength/endurance training that is a fun workout for all fitness levels.

S.W.E.A.T: Strength, Willpower, Energy and Aerobic Training will get you through Fun workout. Alternate segments of cardio with upper and lower body work for a complete full body blasting workout. Get ready to feel the burn!

Cardio Barre: This unique, high energy/no impact exercise class combines barre work and lightweights with continual calorie-burning motion. This class focuses on toning and resistance exercises for the buttocks, legs, torso, and arms to sculpt muscles and elongate the muscles.

Mat Pilates: Mat Pilates is a pilates training practice that can be done on a mat, meaning, no reformer is used. In this class, you hold movements like planks, side planks, and core exercises to build your muscles and core strength. Barre is an intense workout that combines both light, high repetition weight and cardiovascular training into a single session.

TRX Total Boot Camp: Developed by U.S. Navy SEALs and used extensively to train all four branches of the military, TRX Total Boot Camp combines circuit style training with TRX suspension training in a specialized form of performance exercise that gives a full body, high intensity workout.

Cario Barre: Barre is an intense workout that combines both light, high repetition weight and cardiovascular training into a single session.

MX4: A small group personal training class that targets cardio, power, strength, and endurance.

Only MX4 combines best-in-class training tools with exciting workouts to help you improve cardiovascular fitness, power, strength and endurance in a way that's right for your body and abilities.

Yoga: Reduce stress with this relaxing class that focuses on meditation and breathing. Smooth movements help participants achieve better posture, flexibility, balance, strength, and improved focus. All levels welcome.

Core Conditioning: Great for all ages and fitness levels, this 30-minute class challenges your core muscles and encourages you how to strengthen the muscles that stabilize your back, hips and shoulders. The instructor may include a variety of equipment in this great workout.

PiYo: Combines the strengthening benefits of Pilates with the flexibility enhancing effects of yoga. Set to music, this dynamic, energetic program will have you challenged. PiYo is a low-impact exercise that doesn't involve jumping, which lowers your risk of soft-tissue injuries such as sprains, strains, and bruises.

Zumba: Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.
Zumba Gold: Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity

Cycling: A cardio workout on a stationary bike based on cycling principles. Classes are technique-based, and real-terrain based and focus on cadence, heart-rate zones, climbs, and sprints creating a ride that is fun and challenging.

Sculpt: This class promotes building muscle tone and increasing strength using bands and weights by incorporating classic and proven exercises in a fun-filled routine.

Dance Fusion: Alternates between blasts of high-intensity, dance-based cardio and strength intervals for a muscle intensive work out that earns you killer results. Dance Fusion will give you a full body strengthening and stretch to elevate your metabolism and keep calories burning long!

Spin & Strength: This combination class will have you spending 30 minutes on the bike for a cardio workout, and 25 minute of total body strengthening for the ultimate high intensity class.