

MARJCC GROUP EXERCISE CLASS DESCRIPTIONS

30-Minute H.I.I.T:

H.I.I.T. is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. Participants are challenged to push to their limits and leave class feeling strong.

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.

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.

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.

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.

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.

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.

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.

Trampoline Sculpt:

Trampoline Sculpt is a unique hybrid class combining bounce, dance, and sculpting work elements. The instructor teaches you all the moves to build a choreographed bounce routine throughout the class, providing a low-impact workout that's great for burning a lot of calories and providing amazing benefits for the lower body.

Cardio Sculpt:

Cardio Sculpt class includes a combination of muscle conditioning exercises utilizing hand weights, body bars, and steps with intervals of high and low-impact cardiovascular exercises for a fun, calorie-blasting workout.

Pilates Reformer:

Pilates Reformer class is designed to strengthen and firm the body while improving posture, flexibility, balance, and core development.

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.

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.

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.

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.

Restorative Yoga:

Restorative yoga is a restful practice that involves slowing down and opening your body through passive stretching.

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