

GROUP FITNESS CLASS DESCRIPTIONS:

Welcome to group fitness at the Miller Center!

We encourage you to try a variety of classes at a variety of intensity levels to find your favorites and the best classes for your body. When in doubt, ask the instructor! They are eager to share their knowledge and passion with you.

We hope you find these descriptions helpful. As always, the best thing to do is try it!

Intensity Key:

Low Intensity – These classes are great for anyone who is looking to improve their mindfulness and overall movement.

Moderate Intensity – These classes are great for those looking to practice functional movement and maintain base fitness abilities.

Increased Intensity – These classes are great for those looking to explore and expand their fitness capabilities.

High Intensity – These classes are great for those ready to push their fitness to peak cardio and strength levels.

Listed alphabetically

Ball Blast: A total body workout using medicine balls, stability balls & bender balls. Upper body, lower body and abs; great workout without the high impact. **(increased)**

Beginner Ballet: This classical ballet technique class takes the participant through a progression of barre combinations and ends with some center work away from the barre. Center work consist of a similar progression of exercises but without the barre and moves on to simple turns and optional small jumps, challenging balance and coordination. Modifications will be given. This class is executed in the spirit of joy of movement, music and dance and does not require prior experience. Varying levels will be given for those who have some experience. Ballet shoes or socks may be worn. **(moderate)**

Beginner Yoga: An informal, conversational class for people brand new to yoga! There is time to practice postures step-by-step, ask questions along the way, learn modifications and how to use props. We get up and down from the floor (not necessarily fast) and learn how to transition from pose to pose. Each class will include deep relaxation, breathing practices, and a short meditation. The goal is to equip the participant with an informed foundation no matter what class they attend. -60 minutes. **(low)**

BodyAttack®: A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Instructors will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning calories and leaving you with a sense of achievement. **(high)**

BodyCombat®: A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your fighter attitude and leave inhibitions at the door. **(high)**

BodyFlow®: The yoga-based class that will improve your mind, your body and your life. During BodyFlow an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy. **(moderate)**

BodyPump®: The ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BodyPump gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. **(increased, high)**

BodyStep®: A full-body cardio workout to really tone your butt and thighs. You can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push-ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Don't worry, there's heaps of options so that everyone leaves feeling successful. **(increased, high)**

BOOM Muscle®: Incorporates athletic-based exercises that improve upper body conditioning. You'll move through several blocks, which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength. **(moderate, increased)**

Boot Camp: This class is designed to build strength and fitness through a variety of intense group intervals. Every class varies in exercises that could include, body weight, free weights, upper body moves, lower body moves, cardio, core & more. Class is designed to push you out of your comfort zone with a group / team effort. Modifications can be offered. Some classes will have a HIIT and Tabata focus. **(increased, high)**

bootybarre®: A fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. **(moderate, increased)**

Chair Yoga: Another name for this could be "Yoga with Chairs"! Participants use a chair as a prop during a variety of seated and standing postures, gaining many benefits of yoga WITHOUT getting up or down to the floor. Benefits include increased balance, strength, flexibility, circulation, range of motion, and stress reduction. Class ends with deep relaxation, breathing practice and silence. Great for people interested in adaptive yoga or those who want to include yoga on work breaks or on the road. -45 minutes. **(low)**

Chiseled: Focus on muscle tone and strength using free weights, body weight, and bands. **(increased, high)**

Classical Yoga: This well-rounded class includes sprinkles of yoga philosophy for reflection, postures, deep relaxation, breathing, and meditation. Yoga is ultimately a practice of bringing all the scattered bits of you together, to live in the moment and from a place of centeredness and inner stillness. Postures in this class are sometimes held for several breaths with attention to detail, which provides a different (and often challenging) experience rather than moving quickly. Although each class varies slightly in physical focus, theme, and approach, they are similar enough for you begin your own home practice! All levels welcome! -75 minutes. **(low, moderate)**

CXWORX®: Exercising muscles around the core, CXWORX provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports – it's the glue that holds everything together. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you

through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

(increased, high)

Cycle: An indoor cycling class that utilizes bikes designed to simulate road bikes. Pedal through hill climbs, sprints, and many other challenging drills and exercises. Anyone from a beginner to an avid cyclist can participate and get an awesome workout! If it's your first class, show up a few minutes early so the instructor can help you get your bike set for an awesome ride! Don't forget a towel and a water bottle. **(moderate, increased, high)**

GRIT®: Takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go hard to get fit, fast. Our instructors choose which of the below formats to incorporate in each class. **(high)**

GRIT Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle group. **(high)**

GRIT Athletic is a 30-minute high-intensity interval training (HIIT) sports conditional workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance; strength, agility, speed and power. **(high)**

GRIT Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximized calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. **(high)**

Hip N' Fit: Combining today's hit songs with a fun blend of current dance moves and aerobic flair. **(increased)**

Legs and Abs: Focus on lower body and core exercises. **(increased)**

Pilates: A system of physical and mental exercises developed by Joseph Pilates in the 1920's. It incorporates the key principles of breath, concentration, control, center, flow, and precision. Pilates increases physical and mental strength, coordination, and flexibility. It is suitable for women and men of all ages and modifications will be provided for those with specific physical limitations. **(moderate, increased)**

Pure Strength: A different approach to strength training utilizing different lifting techniques, rep/weight ranges, and equipment. Class may consist of pyramid schemes with rep/weight increase or decrease with a few strength moves alternating, or a traditional style weight lifting class. **(increased)**

Restorative Yoga: The selected handful of poses are practiced on the floor with enough props to support the body and allow muscles to relax. Each position is held for 5-10 minutes without muscular contraction, as the goal is to rest passively in a mild stretch. Benefits are resetting the nervous system, dissolving physical tension on a deep level, and bringing the body into alignment. Good for people with chronic pain or injury, who are run-down, overwhelmed, experience chronic low-grade stress, or for anyone who needs a "time out" to reboot. **(low)**

RPM®: A group indoor cycling workout where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. RPM is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your own fitness level over time. It's a journey, not a race! **(increased, high)**

Silver Sneakers Circuit®: Offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a ball. A chair is available for standing support. **(moderate, increased)**

Silver Sneakers Classic®: Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. **(low, moderate)**

Silver Sneakers Yoga®: Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. The class is suitable to nearly every fitness level. **(low)**

Sport Yoga: Sport Yoga is a unique blend of ancient and modern exercises adapted from Hatha (physical) yoga, martial arts, tai chi, Pilates, sports training and other postural movement techniques. Each class is rhythmic in nature and follows a music-driven choreography. The flow of movements will generate heat that will make you sweat, challenge your balance, improve your strength and flexibility, and provide a total body workout. The emphasis on "sport" refers to a fast pace and cardio-respiratory intensity than is provided with a more traditional yoga session. **(increased, high)**

SPRINT®: A 30-minute high-intensity interval training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill of motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. You smash your fitness goals, fast. **(increased, high)**

STRONG®: Stop counting the reps. Start training to the beat. STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. STRONG by Zumba instructors change up the music and moves frequently to make sure you're always challenged to the max. **(increased, high)**

Tai Chi: This class is characterized by continuous movements that are gentle, slow and focused. Each posture flows into the next without pause, ensuring that your body is in constant motion. This class incorporates balance, breath, and awareness. **(low)**

Warrior Ride: A class designed to help you unleash your inner warrior. You will go through a super sprint series of high energy high intensity intervals on the bike, each track of music specifically designed to challenge you in different ways. **(increased, high)**

Zumba®: Perfect for everybody! Each class is designed to bring people together to sweat it on. We take the work out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness part. Once the Latin and World rhythms, you'll see why Zumba Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. (**moderate, increased, high**)

Zumba® Sentao: Perfect for people who want to get some serious core work done. Pull up a chair and tone your entire body. Zumba Sentao combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process. A unique way to challenge the muscles of the body without having to lift weights. (**moderate, increased, high**)

Zumba® Toning: Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using light weights helps you focus on specific muscle groups. Enhances your sense of rhythm and coordination, while toning target zones, including arms, core and lower body. (**moderate, increased, high**)

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