

TOMS RIVER FITNESS Group Exercise

CLASS DESCRIPTIONS 10/18

Bands, Balls & "Bells"- body conditioning exercises using the "big" balls, rubber bands, cables and dumbbells. GREAT WORKOUT!!!

Beginner Step- This class is designed to teach the new stepper basic step terminology while getting a great cardiovascular workout. The last 10 minutes of class may increase in intensity to prepare for the next step after beginner.

Bikini Blaster- Get your lower body into show off shape with this strength and cardio program. This workout will get your butt, hips and thighs bikini worthy.

Body Shred-This class is designed to be a full body workout to assist you reduce weight & tone up your body. The class is a blend of cardio, strength & abs training. The 3-2-1 interval system, 3 min of strength training, 2 min of cardio & 1 min of abs.

Break It Down- Choreographed dances to music that are dynamic & exciting and easy to follow. If you like to dance then this class is for you.

Butts & Guts-Get your lower body into shape with this strength & cardio program. This class will reshape your butt, hips, thighs

Cardio Circuit-An intense workout with stations set up to challenge the entire body.

C.S.I.-(Cardio strength interval)- Designed to define & strengthen body. Get a great cardio & muscle conditioning workout.

Chair Yoga- Increase flexibility, strength and relieve tension with yoga based exercises using a chair.

Core Conditioning- This class incorporates traditional abdominal work combined with Yoga & Pilates based moves to tone and strengthen the core (abs & back) muscles of the body.

Dance Aerobics- This not your traditional aerobics class. Learn easy to follow dance combinations to uplifting music while having fun. Great workout and fun too!!!

Dance Step Interval-This class has high intensity exercises, utilizing dance moves on the step with intervals of weight training.

F.I.T.-(Fierce Intense Training) This class is designed for the fittest people in mind. It incorporates power, agility and speed drills to train and shock the body. Running and jumping rope are always included. Give it a shot and see how fit you are.

Hatha Yoga-Class includes intentional breath work, movement and meditation.

Kickboxing-Sweat it out! Jab, cross, hook & kick during this intense cardio workout.

Lighter Side- A workout that focuses on increasing muscular strength and bone density. Class includes an easy to follow low impact aerobic dance warm followed by body strengthening exercises. Chairs are provided if needed.

Lite Bar- Similar to "The Bar" class just less intense with retro style music.

Out Of The Park-This class is for people with parkinson's. It will build strength, balance, coordination & flexibility.\$

Pilates 101- Tone your entire body while improving posture, flexibility, balance and core strength. This pilates class is geared for the beginner or for those looking for a gentler workout.

Pilates- Class increases strength & flexibility of your "core" muscles, the muscles that stabilize & support your entire body.

Pilates Strength-This class starts from basic & increases to more advanced to improve strength, flexibility & stability of core muscles. All equipment is use. This class stays true to the pilates formula & is good for any member.

Power Vinyasa Flow Yoga-This is a flowing style of yoga. The class focuses on core strength, balance & flow to build a solid practice based on strength & spirit.

Restorative Yoga- Best for beginners, this class will relax your body and calm your mind emphasizing flexibility, breath work and meditation in a gentler manner.

S.L.A.M.-(Step, Lift & Motion) -This class uses cardio exercise, intervals of step & aerobic movement while using dumbbells, band and bars.

Slow Flow Yoga-Hatha meets power vinyasa flow. Gentle stretching in warm studio, leading up to dynamic poses & slow flowing salutations, ending with reclining meditation.

S.L.T. Yoga-(Strength, Length & Tone) Yoga mats required. Step onto your mat in a warm studio as the tunes fuel your motivation to flow through planks, postures & stretches.\$

Spinning- A journey done on stationary bicycles that provides total mind and body fitness in a non-competitive atmosphere. Spinning is intended for everyone at any age and fitness level.

Step Interval- This workout combines intervals between high intensity step and body sculpting.

Step Shred-This 3-2-1 interval system has 3 mins of strength training, 2 mins of cardio (step) & one min of abs.

Stretch & Strengthen Core- Achieve and maintain a healthy back by doing these gentle mat exercises geared to strengthen back, abs and increase flexibility of the spine.

The Bar- Join us for a choreographed weight-training class performed to popular dance music using weights & body bars.

Triple Threat-A combination of CORE strength training, HIIT CARDIO & COMPOUND body movements that incorporates multiple muscle groups for an effective & efficient resistance training workout.

TRX Body-Suspension training with piece of equipment that hangs from the ceiling, your own body weight is the key factor in this state of the art workout. Great whole body workout, even your core!

TRX Cardio-This is an alternating style class with part of class doing TRX exercises while other part of class is doing cardio & weight training moves. Great cardio workout!

Urban Rebounding- This aerobic workout performed on the "rebounder" utilizing standard aerobic moves, sport specific conditioning training, core stabilization techniques, and abdominal work performed to high energy music.

Weight Training- A total body workout designed to mimic the weight room without machines. Build muscular strength while developing long, lean muscles.

Yoga Fusion-Gentle hatha yoga leading to a calming restorative finale. Class moves though seated & standing poses, ending with restorative stretches & meditation.

Yoga Lattes-This class combines yoga & pilates. Great for stretching & building a strong lower back.

Zumba - A great class that fuses latin rhythms and easy to follow moves to create a dynamic workout that will blow you away!

Zumba Gold- This class follows the same latin rhythms as Zumba but with an easier pace. Great for beginners.