



Class Descriptions

Ab Attack – The fastest way to get it done is with thirty minutes of innovative abdominal and back exercises to strengthen, stabilize, and define the torso. This class is a great complement to any cardio workout.

Basic Training - Enjoy a weight training class that is appropriate for all ages. Learn to safely use all types of strength training equipment—even your own bodyweight—in fun, innovative ways. The benefits of functional strength are many, including greater bone density, improved coordination, better balance, and increased lean muscle mass. **Older Adults** format focuses on the same goals but at a lower intensity.

BodyCombat - Punch and kick your way to fitness, burning lots of calories. This high-energy martial arts inspired workout is totally non-contact with no complex moves to master. Release stress, have a blast, and feel like a champ.

BodyPump - BodyPump is the original barbell class that strengthens your entire body. Challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls.

Core Conditioning - This class emphasizes sculpting and strengthening the trunk with its major muscle groups—feel your abs, glutes, hip, back and chest muscles like never before using balls, the BOSU, body bars, and mats.

Cycle Challenge - This low impact, high intensity class is designed for fit individuals who want to take their spin workouts to another level. **Cycle Fusion** combines a standard indoor cycle class with an extended stretching or yoga during the last part of the class. **Cycle Strength** combines a standard indoor cycle class with an extended muscle strengthening segment of class off the bike.

HIGH Fitness - Choreographed interval training with intense cardio peaks and toning tracks set to music you know and love! Finally, a fitness class that is easy to follow and a total blast. Come have some BODY SCULPTING FUN!

Mix It Up - It's the Instructor's choice for a fun and challenging total body workout. This class may include everything from muscle toning to aerobics.

Pilates – This mat workout is designed to teach fundamental concepts basic movements, breathing, and modifications of the original Pilates method.

Pop Pilates - Experience the ab-chiseling, total body defining moves of Pilates, choreographed to your favorite Top 40 hits. This mat-based workout challenges you to flow from one exercise to the next, developing a rock-solid core and lean, strong muscles.

Pure Stretch - Work on your flexibility – a much needed and often overlooked component of overall fitness - in a class which focuses on stretching every major muscle group for stress and pain reduction, as well as injury prevention.

Strength Mix - Join the strength and cardio-based, total-body conditioning class. We change it up to give you the maximum amount of fun, with lots of variety to give you the maximum results. All fitness levels are welcome.

SOUL Fusion - SOULfusion is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and strength training exercises all set to crazy fun music. It offers modifications for all levels in the group exercise environment. We also use our own body weight, or dumbbells for the strength sections.

Tabata - Tabata interval training is the most intense training on the planet. Each workout segment is only 4 minutes long, with a work/rest ratio of 20 seconds to 10 seconds, but you will work harder in those 4 minutes than you would in 30 minutes of traditional steady state training. You will efficiently train for both cardio and strength without any wasted time or boredom.

Tai Chi - Ever wonder what that “Tai Chi” stuff is? Did you know it can help your posture, calmness, and overall body sense? Did you know it can build strength? Come and try it out.

Yoga - Gain greater strength and flexibility as you learn basic yoga postures and different breathing techniques. All levels welcome.

Zumba - Dance your way into fitness with a fun, energetic, easy way to exercise. Zumba is a high/low cardio workout using the hottest Latin music and moves, as well as other world genres. **Zumba Gold** offers a toned-down version of the regular Zumba class with less pivoting. Zumba Gold moves are designed for active older adults or those looking for a low-impact workout. **Zumba Toning** blends Zumba moves and body sculpting techniques using maraca-like Zumba Toning Sticks for an intense strength-training experience. Alternatively, regular dumbbells can be used.

All classes are beginner level. All ages and abilities welcomed – our instructors will provide modifications for all levels in these classes. If you have a particular concern, feel free to chat with the instructor at the beginning of class.

If you have more specific questions regarding a class format, please email Elizabeth.Ittner@fairfaxcounty.gov