

# Class Descriptions

## **CARDIO SCULPT**

This total body workout is fun and easy to follow. A little bit of dance combined with body sculpting by using one's own bodyweight as resistance. We will also use dumbbells and resistance tubes to make for a fun calorie burning class.

## **TURBOKICK®**

There's a party happening at the gym! And guess what? You're officially invited. Turbo Kick LIVE combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. You'll have a blast getting into knockout shape—learning hard-hitting combos and edgy dance moves while torching fat and carving lean, sexy muscle in the most empowering class you've ever taken!

## **CYCLE**

Indoor cycling is a complete cardiovascular challenge. Each participant can adjust their own work out on their individual bike. This class simulates a road ride and will incorporate music as a motivational tool. One of our instructors boasts a Level 3 Spinning™ Instructor Certification!

## **ZUMBA**

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to love working out and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

## **PIYO®**

PiYo® is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.

## **STEP AND CORE**

All fitness levels welcome. Plank, step, crunch and lunge your way to a fitter you! This fun class combines bodyweight strength movements with easy to follow cardio combinations that are sure to leave you wanting more.

## **SILVER SNEAKERS® CLASSIC**

Muscular Strength and Range of Movement: Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered to for resistance, and a chair is used for seated and/or standing support.

## **SILVER SNEAKERS® CARDIO**

Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. This is a free standing class.

## **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. This class is suitable for nearly every fitness level.

## **YOGA**

A flow class geared towards those new to yoga or preferring a slightly gentler class. Time is spent breaking down poses fundamental to a Vinyasa practice. Enjoy movement with breath for a relaxing workout. Props and modifications offered for proper alignment and ease in the postures.



# GROUP X SCHEDULE

Please note class times, instructors and formats are subject to change.

	MON	TUES	WED	THURS	FRI	SAT
730 AM	*Register for cycle class by using RAMONA FITNESS CENTER app on your smart phone or visit mindbodyonline.com ** Youth Paid Training Program.					CYCLE ROSE
8 AM	STRONG BY ZUMBA® ROSE	CARDIO SCULPT ANNETTE	CYCLE ROSE	CARDIO SCULPT ANNETTE	ZUMBA® ROSE	STRONG BY ZUMBA® ROSE
9 AM	STEP & CORE ROSE	CYCLE* ANNETTE	ZUMBA® ROSE	ZUMBA® ANNETTE	PIYO® ROSE	PIYO® DALE
1030 AM		SILVER SNEAKERS® CARDIO JACKIE	YOGA SARA	SILVER SNEAKERS® CARDIO JACKIE		
1 PM	SILVER SNEAKERS® CLASSIC JACKIE	SILVER SNEAKERS® CHAIR YOGA JANICE	SILVER SNEAKERS® CLASSIC JACKIE	SILVER SNEAKERS® CHAIR YOGA JANICE	SILVER SNEAKERS® CARDIO JACKIE	
4 PM	RFC ULTIMATE ATHLETE 13-17**	RFC ULTIMATE ATHLETE 8-12**	RFC ULTIMATE ATHLETE 13-17**	RFC ULTIMATE ATHLETE 8-12**		
5 PM	ZUMBA® ROSE	TURBOKICK® ROSE	STRONG BY ZUMBA® ROSE	TURBOKICK® ROSE		
6 PM	PIYO™ DALE	STEP & CORE ROSE	YOGA NANCY	PIYO® ROSE		
7 PM	YOGA NANCY					

## INTRODUCING STRONG by Zumba®

---- MONDAYS 8AM, WEDNESDAYS 5PM, SATURDAY 8AM ----

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.

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