

# NCH WELLNESS CENTERS

## Group Fitness Class Descriptions

	Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just 55 minutes. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate Your Life!
	Group Blast® is 55 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!
	Group Core® trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. HARD CORE!
	Group Power® will blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!
<b>Group Cycle</b>	A get-up-and-go freestyle indoor cycle class. An awesome calorie burner!
<b>Boot Camp</b>	A high intensity interval class that mixes calisthenics and body weight exercises with cardio and strength training. This class is designed to motivate and challenge you and your body differently each session.
<b>Cardio Kickboxing</b>	Kick and punch safely with this sweaty, high energy and stress relieving workout. All levels are welcome!
	BODYPUMP™ is a barbell 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 proven 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.
	Ideal for anyone and everyone, BODYFLOW® is 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.
<b>Low &amp; Tone</b>	High intensity, Low Impact Cardio class with resistance training. Options given. All levels welcome.
<b>Total Body Toning</b>	Use a variety of equipment to challenge your muscles and your core for a total body workout. All levels are welcome!
	A fusion of Latin and International music dance themes that create a dynamic, exciting, effective fitness system! Combines high energy and motivating music with unique moves and combinations that allow participants to dance their worries away!
<b>Interval Training</b>	A high intensity interval class that will challenge your aerobic and anaerobic thresholds through a combination of cardiovascular and strength training segments. The change of intervals throughout the class makes for a fun and motivating workout while also maximizing calorie-burning, muscular strength building, and endurance training.
<b>Circuit</b>	A high intensity interval class that mixes calisthenics and body weight exercises with cardio and strength training. This class is designed to motivate and challenge you and your body differently each session.
<b>L1FT</b>	L1FT workouts utilize weights to build strength and burn fat. The movements are safe, smart and progressive so no fitness level is left behind, and a mixture of explosive strength work and high repetitions helps to create a lean and athletic body.
<b>Functional Movements Class</b>	Movements that involve multiple muscles/joints and incorporate everyday activities. Toning, Light cardio, moderate intensity. All levels welcome. Please bring a mat.

# NCH WELLNESS CENTERS



## Group Fitness Class Descriptions

<b>Balance</b>	This class is designed for our senior members, as well as those with daily balance issues. Focuses on exercises to improve and assist with balance, stability, flexibility, coordination, and fall prevention. Exercises are done in a chair, standing up, and with a balance bar for support.
<b>P.A.C.E.</b>	“Personally Active Challenged Exercise” is specifically designed for individuals with limitations resulting from stroke, MS, Parkinson’s and other diseases.
<b>Gentle Yoga</b>	This class is appropriate for anyone seeking the benefits of a very relaxing, gentle, and restorative practice. Deep restorative work improves range of motion and joint mobility, and reduces pain and the effects of stress. This class is done on the floor and is gentle yet challenging. Bring a yoga mat.
<b>Meditation</b>	Regular meditation helps restore mental, emotional, and physical health by way of relaxation. It also helps us better handle stress. Join us and experience an effortless form of guided, sleep-based meditation. Bring your own yoga mat.
<b>Multilevel Yoga</b>	This class continues to build on foundational yoga postures while linking conscious breath with a mindful flow. This class provides a more advanced yoga practice to incorporate strength and flexibility, but also gives modifications. All levels are welcome to join the class, however, it is helpful to have a basic knowledge of yoga. Please let the instructor know of any prior injuries or surgeries in order to provide you with the appropriate modifications if needed. Bring your own yoga mat.
<b>Low &amp; Light</b>	Low Impact Cardio, Upper body weights, Barre and Core. This class was formerly known as Osteo.
<b>Chair Yoga</b>	Stretch and strengthen your body while safely improving your balance. Exercises are performed with a chair and the wall is utilized for support.
<b>Yin Yoga</b>	A slow-paced style of yoga that cultivates awareness of inner stillness by holding postures for longer periods of time (90 sec - 2 min). A more meditative approach to yoga that applies moderate stress to the connective tissue of the body with aim of increasing circulation in the joints and increasing flexibility. Intended as a compliment to more active forms of yoga and suitable for all levels. Bring own yoga mat.
<b>Barre Fusion</b>	A fusion of aerobic sculpt, ballet barre, and Pilates that works the entire body. Strengthen, lengthen, and stretch your body from top to bottom while working from the core. Light-weight strength training and fluid movements will help sculpt and create a long and lean physique.
<b>TAI CHI</b>	Finding its roots in martial arts, this class guides you through a series of exercises that improves circulation, flexibility and balance. The slow, controlled movements also help to improve muscular strength while relaxing the mind. It is 45-minutes of nurturing calmness.
<b>Stretch</b>	This class is designed to help increase your body’s range of motion, improve flexibility and circulation, relieve stress, and relax. Enjoy this 30 minute, low-impact stretching workout suitable for all fitness levels!
<b>Yoga Therapy</b>	Relieve stress on joints, improve range of motion & mobility, increase blood flow & circulation, reduce stiffness with a Yoga Therapy Class. Different than a typical yoga class we hold the body in various positions supported by the wall, floor and props. Combined with breathwork, we move into areas of holding and stiffness gently and effectively to release deep seated tension.
<b>Restorative Yoga</b>	Restorative Yoga is a deeply relaxing style of yoga, an antidote to stress. It is a receptive practice not an active practice. You learn to place yourself in the postures using the support of blankets, blocks and bolsters. The props completely support you in the postures allowing for ease, relaxation, and an unwinding of deeper holding patterns in your body. Suitable for all levels of yoga and a wonderful addition to any yoga or fitness practice.
<b>Foam Rolling</b>	Stretch, strengthen, and align your body by using the foam roller with Pilates style exercises. Learn how to find your natural foundation to experience less joint pain, more core stability, and better postural alignment. Bring your own foam roller 36” x 6”.
<b>Pilates</b>	This class begins with a standing warmup that is followed by a smooth transition of pilates exercises onto the mat. There is an assortment of equipment that is utilized in a variety of positions on the mat. These exercises allow for an effective mind to body awareness. This is a multi-level class with proper modifications for beginner, intermediate, and advanced students.