



Group Fitness Class Descriptions

January 2013

Aqua Extreme: Make a splash in your regular routine and come join us for a 45-minute, fat-blasting workout in the water. Your instructor will lead you through a variety of muscular strength exercises with little impact. No swimming experience is necessary.

Aqua Motion: Step into the world of water and experience resistive exercises which help develop muscular strength, endurance and flexibility while providing a low-impact cardiovascular workout. No swimming experience is necessary.

Aqua Sport: A high-energy workout in utilizing the deep and shallow segments of the pool. Sports intervals using the natural resistance of the water, along with resistance equipment will give you a full-body workout without the impact of land.

BOSU: Using the BOSU ball, the instructor will take you through aerobic and strength exercises and drills that will tone your body, tighten your core and work on overall stabilization.

Barre: Sculpt and tone muscles with these variations and choreography reflective of ballet with a taste of Pilates. The class will take you through movements supported by a Barre or chair, sequences for core, and arm strengthening. You will receive a full-body workout that will challenge and change your body. No dance experience is necessary.

Barre Blend: Discover the latest fitness trend in this mind body explosion. Barre Blend is a mix of Pilates, strength, stretching, core conditioning and cardiovascular training that challenges and tones the entire body. This class combines strength and control to help improve body awareness, balance, flexibility and movement patterns.

Beginning Yoga: This is for the novice or those with any physical limitations such as spine issues, knee limitations, etc. Focus will be on basic yoga postures with modifications, breathing and relaxation. Great class for those new to yoga. *A punch card is required for this class, available for purchase at the front desk. (10 Punch: \$82 Members/\$120 Non-members)*

BodyPump: This revolutionary barbell workout challenges all major muscle groups with squats, presses, lifts and curls as you strengthen, tone and define your entire body. Determine how hard you want to work by choosing the appropriate weights. Please arrive 5 minutes early for setup.

BodyShred: BodyShred is the newest metabolic conditioning class. Using Jillian Michaels's infamous 3-2-1 circuit-training approach, the class involves four circuits that include 3 minutes of strength training, 2 minutes of cardio and 1 minute of abs. The idea is that the interval-heavy workout allows one to continue burning calories even after the class is over.

Boot Camp: This is the greatest challenge in fitness. The instructor will be your drill sergeant for the hour-long class and provide verbal motivation to take you through calisthenics type exercises like push-ups, crunches and squats.

Boxing Fusion: Boxing Fusion is an ideal circuit class for those who want a great cardio and strength workout. Boxing improves endurance and fitness with varying drills and resistance exercises. Target your entire body in this fun, engaging workout.

CIZE: Unlike most cardio dance classes, this isn't just about shuffling your feet to old-school tunes. CIZE will have you bustin' out full dance routines to today's hottest music tracks. Get sweaty, gain confidence and get an amazing workout. Think you can't dance? The instructor will break down the moves, step-by-step, and gradually add on until you and your new dance crew can bust out the whole routine.

CORE: This intense 15-minute class will sculpt your midsection as you improve your body's overall functional strength, balance and coordination using fitness balls, BOSU balls, tubing and weights. Great for all fitness levels.

16700 Valley View Road

952-949-8470

edenprairie.org/communitycenter



Group Fitness Class Descriptions

January 2013

Cardio Grooves: This class is so much fun it doesn't even feel like exercise. The instructor will lead in movement combined with fun, high-energy music. Unlike most dance-exercise classes, there are no routines and class is different each week. A great cardio workout for beginners, experienced dancers and anyone looking for a change in their routine. Latino, reggae, hip-hop, indie and world dance music will be used.

Cardio Kickboxing: A great cardiovascular workout with an emphasis on kick boxing along with boot camp drills, toning and sculpting.

Continuing Yoga: This mixed-level class is for students who have had at least 6 months of yoga class experience. Class consists of beginning and some intermediate poses. Participants will work with breathing and alignment, including relaxation to receive the maximum benefit from our yoga experience. Please bring a sticky mat.

A punch card is required for this class, available for purchase at the front desk. (10 Punch: \$82 Members/\$120 Non-members)

CxWorx: This 30-minute program is the ultimate way to strengthen and sculpt your abs, glutes, back, obliques and "slings" that connect the upper and lower body. Tighten and tone your core while improving your functional strength for mobility and injury prevention. This class is suitable for all fitness levels. We provide all of the equipment that is needed, including resistance tubes and hand weights.

Cycling: Join us for a fun, athletic, cardiovascular workout. You'll burn a ton of calories, get lean, increase lower-body strength and improve your endurance. The instructor will choose an accumulation of endurance intervals, hills and strength and speed play. Be sure to bring a towel and a water bottle to class. Heart monitors are strongly recommended.

Deep Water Fitness: This class has it all. Work on conditioning, improve cardiovascular endurance and muscle tone by using buoyancy and the resistance of the water. A great workout with no impact.

Essential Yoga and Pilates: This essential class is perfect for those who have not done Pilates or struggle with back pain. Participants learn good posture, form, and essential principals to strengthen their core and postural muscles. Yoga postures are incorporated for a flexibility and balance component.

Fitness Yoga This intermediate flowing class combines postures and sequences from various styles of yoga to give your body the breath work and movement it needs. With a dynamic flowing sequence of postures linking breath and movements, cultivate awareness by building strength and flexibility.

A punch card is required for this class, available for purchase at the front desk. (10 Punch: \$82 Members/\$120 Non-members)

Functional Training: Your hour will be spent combining upper and lower body exercises for toning and balance. A variety of equipment will be used including stability balls, bands, dumbbells and more. This class is meant to make all your daily living activities easier.

Gloves and Pads Kickboxing: Same great workout as cardio kickboxing with gloves and pads incorporated for an advanced workout.

HIIT and CORE: High Intensity Interval Training (HIIT) alternates between intense bursts of activity and fixed periods of less-intense activity. It is the most effective way to boost your metabolism. Finish with 15 minutes of CORE strengthening.

16700 Valley View Road

952-949-8470

edenprairie.org/communitycenter



Group Fitness Class Descriptions

January 2013

Hatha Yoga: Hatha Yoga is about creating balance and deepening the mind/body connection. This class focuses on a variety of yoga poses to develop strength, flexibility and balance. Each class will focus on basic to intermediate type postures, breathing and relaxation for a complete yoga experience. All levels are welcome.

A punch card is required for this class, available for purchase at the front desk. (10 Punch: \$82 Members/\$120 Non-members)

Indo-Row: This 45-minute workout on cutting-edge Indo-Rowers provides an environment for any fitness level to challenge themselves in a fast-paced and engaging total-body workout. Each rower features a monitor that provides instant feedback on pace, distance and calories burned. Working in teams, partners and as one crew, Indo-Row captures all the elements of competitive, on-water rowing, using a variety of drills, waves and races that quickly convert first-timers into devoted team members.

Interval Challenge: An advanced interval challenge class that will maximize the repetitions and intensity of each exercise interval.

Intro To BODYPUMP: Have you always wanted to try BODYPUMP but weren't sure how to get started? Come join us for this introductory session where the emphasis will be on technique, feeling comfortable and having fun!

Kettlebell: Kettlebells are some of the most powerful tools for improving your fitness and physique. They combine strength training, mobility, flexibility and cardiovascular endurance. As a result, you spend less time working out, yet get extraordinary results. Programs focus on joint mobility and stability, muscular strength, cardiovascular endurance, muscular flexibility, total-body range of motion and injury prevention.

Kids ZUMBA: The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans ages 7–12, where they can play it loud and rock with friends to their own rules. This program features age-appropriate music and moves that get kids moving to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's OK to just be yourself and dance like no one's watching. Combine Kids' ZUMBA with Youth Group Fit Club for 1 hour of fun! The 1-hour class includes 30 minutes of group fitness and 30 minutes of fun and games. Fill a 10-class punch card and receive a prize. The 10-class punch card is free for members and \$50 for non-members.

MS Aquatics: An aquatics program for adults with Multiple Sclerosis or other debilitating diseases. Class involves stretching, strengthening and range of motion exercises. The pool has a chairlift and accessible stairs for easy entrance and exit.

Mat Pilates II: Experienced (6 months of Pilates required) Pilate's enthusiasts explore intermediate mat work and deeper muscle engagement and postural issues.

A punch card is required for this class, available for purchase at the front desk. (10 Punch: \$82 Members/\$120 Non-members)

Mix It Up: This class is a full-body workout that combines strength and cardio to build a stronger, more conditioned body. Stability balls, weights, resistance bands, BOSU and steps may all be utilized to get you looking and feeling your best. Your body and brain will reap benefits with this variable workout.

Mixed Level Yoga: Class consists of mixed-level poses consisting of advanced-beginner and some intermediate yoga postures. Explore appropriate alignment to gain maximum benefit in various postures to increase strength and flexibility.

A punch card is required for this class, available for purchase at the front desk. (10 Punch: \$82 Members/\$120 Non-members)

16700 Valley View Road

952-949-8470

edenprairie.org/communitycenter



Group Fitness Class Descriptions

January 2013

RPM: This is an indoor cycling workout. Take on the terrain with your inspiring team coach who will lead the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. This program is self-regulated interval training - you will push hard, then rest, push hard, then rest. You are in control of your resistance the whole time.

S.E.L.F. - CORE/Mat: (Simply Enhancing Lifelong Fitness) This is a great workout that focuses on strengthening both your muscles and heart through cardio and strength training. This class will be designed for active older adults who want a little extra kick to their workout. Each class will be designed around muscle conditioning, cardio or stretching.

S.E.L.F. - Cardio: (Simply Enhancing Lifelong Fitness) This is an athletic workout for older adults that is simple in design, easy to follow and guaranteed to make you smile. Exercise your way to a boosted metabolism. After you sweat, there will be quiet music for a mindful standing stretch. No mat work.

S.E.L.F. - Muscle Conditioning: (Simply Enhancing Lifelong Fitness) With active older adults in mind, come and have fun from head to toe. We will incorporate strength, flexibility and balance exercises using a variety of equipment. The last few minutes will be reserved for stretching. No mat work.

Sculpt: This class is a total body workout designed to sculpt every major muscle group and blast calories by combining light weights with yoga postures. This intense but easy to follow workout is the perfect complement to your regular routines. All levels are welcome.

Silver & Fit Excel: This class is for the very active older adults who regularly exercise three or more days per week. The class is designed to increase participants' flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength, power and cardiovascular endurance.

SilverSneakers Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers Classic: Move through a variety of exercises designed to increase muscular strength, range of movement and skills required during activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and/or standing support.

SilverSneakers Yoga: Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

SilverSplash: Activate your aqua exercise urge for variety. SilverSplash offers a lot of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is necessary. A special SilverSneakers kickboard is used to develop strength, balance and coordination.

Simply Stretch: An all-over stretch class suitable for all abilities, from beginner to advanced. Stretch correctly in a fun and fulfilling way. Improve your flexibility and help prevent injuries. A foam roller will be used in this engaging class.

Spin Strength: This class is a 60-minute Studio Cycle workout including innovative core and upper body challenges designed to create long, lean musculature. Experience the benefits of a cardio workout plus strength building in one class.

16700 Valley View Road

952-949-8470

edenprairie.org/communitycenter



Group Fitness Class Descriptions

January 2013

Step N' Tone: Step aerobics emphasizes non-stressful movements by using steps, which are flexible in height to personalize your workout. Class begins with a thorough warm-up followed by approximately 25 minutes of low impact step training in your target heart rate range, followed by 15 minutes of toning using weights, resistance bands and balls. Class concludes with a relaxing cool down to release tension and stretch muscles.

TREC I*: (Training and Recovery Exercise Program for Cancer Survivors) Increase your quality of life through cardio, strength and mind/body training. Cancer patients and survivors can reduce side effects of treatment and improve self-esteem. Medical clearance is required. Instructors are certified cancer exercise trainers through the American College of Sports Medicine. There are 20 sessions. Participants must register for this program.

TREC II*: (Training and Recovery Exercise Program for Cancer Survivors) A continuation of TREC I, participants develop better cardiovascular endurance and muscular strength. More group work is included in TREC II with weights, bands and balls. The class includes 30 minutes of mind/body exercise in the 90-minute class. Pre-requisite: TREC I. Participants must register for this program.

TRX Fusion: Combining TRX suspension training with dynamic cardio intervals, TRX Fusion allows you to build strength, endurance, flexibility and your core all at the same time.

Tai Chi: *A punch card is required for this class, available for purchase at the front desk. (10 Punch: \$82 Members/\$120 Non-members)*

Water In Motion: Come join a pool party with this exciting workout that combines cardiovascular training with muscle toning techniques. Amazing music, fantastic teachers and outstanding aquatic choreography makes anyone of any age or fitness level ready to dive right in. Feel yourself supported, not only by the buoyancy of the water, but by the excitement and energy of the class as a whole. A new Water in Motion class is created and taught every 3 months.

Youth Group Fit Club: Try different active games with our fun Fitness staff. This is your ticket to fun and fitness. For ages 7 – 12. Combine Youth Group Fit Club with Youth Boot Camp or Kids' Zumba for an hour of fun. The 1-hour class includes 30 minutes of group fitness and 30 minutes of fun and games. Fill a 10-class punch card and receive a prize. The 10-class punch card is free for members and \$50 for non-members.

ZUMBA: Ditch the workout and join the party. Working out has never been so much fun. Zumba Latin dance fitness fuses Latin rhythms and easy-to-follow moves to create a dynamic fitness program.

ZUMBA Gold: Based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense with dance routines designed using modified movements for beginners and older adults.

ZUMBA Toning: When it comes to body sculpting, ZUMBA® Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs.

ZUMBA Toning Gold: When it comes to body sculpting, ZUMBA® Toning Gold raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs.

Online schedule is accurate up to 24 hours in advance.

Group Fitness Classes are for patrons ages 12 and older with the exception of Kids Yoga , which is for ages 6 and older. Participants ages 12–13 must be accompanied by an adult. BodyPump participants must be 15 and older.

16700 Valley View Road

952-949-8470

edenprairie.org/communitycenter