

BAC Group Exercise Class Descriptions

ABS/Hard CORE ABS: Will focus and target on your abdominals, back and everything in between!

AHT: Abdominals (Abd), Hips, and Thighs! Great "Total" lower body workout!

Equilibrium: "Ideal" class for beginners or for those who want to improve their basic balance to advance in their Yoga techniques. Relax and stay fit with slow moves and gentle stretches combined with strengthening postures. Emphasis is on deep relaxation and stress releasing moves.

Fit 4-50/LIP/BAC Boomers: Great class for beginners or for the mature individual desiring a low impact (LIP) routine. This easy to follow cardio-vascular routine has added benefits such as strength conditioning exercises for the whole body, balance (foundation exercises), stretching exercises that are much needed to increase one's flexibility and full range of motion of your muscles and joints. This LIP routine is with no added stress to your body or joints.

Note: Sign up at the service desk before taking the BAC Boomers class.

CSI (Cardio & Strength Intervals): Combinations of fitness drills and games to challenge your body and keep it guessing what is coming next! Times goes by fast when you are having fun!

Cardio Dance: **B** Remember the 80's? This fun, cardiovascular, choreographed dance class with rhythm will inspire you to move your body. Come join the party with Kathe B.!

Kick Boxing: We will demonstrate the proper techniques to execute punches and kicking combined for a total body workout. Come join the fun and get a great cardio workout!

Step & Sculpt: You are not just using the Step in this class...get a great cardiovascular workout by using the step and by adding weights to help tone & shape your body.

TBC (Total Body Conditioning): This class focuses on muscular strength and conditioning by using tools such as weights, band's, Gliding™ Disc, Body Bars and Steps for props. Excellent class for whole body conditioning! This Total Body workout program works multiple muscles while engaging core stabilization throughout the range of motion. This means you use the upper body, lower body and torso all simultaneously. This is called "Combination" or "Integrated" training.

Yoga/4-A, Well-Being: Join our instructors for a non-competitive, body/mind fitness Yoga class combined with traditional Yoga Techniques. The result is a powerful cardio/strength/flexibility workout that increases body tone and definition.

Upper Body & Lower Body Conditioning: We will focus on isolation of each of the major "Upper body" &/or "Lower body (Legs)" muscle groups by using body weight, free weights, tubing and body resistance exercises.

Zumba: A fusion of Latin and international music that is full of high energy and motivation featuring aerobic music interval training with a combination of fast and slow rhythms that tone and sculpt your body.

Note: Sign up at the Service Desk before taking this class.

B = Beginner **i** = Intermediate **A** = Advanced

Revised 5/16/10

