

# Middle Tyger Y Group Exercise Descriptions

Classes set to music and fun to follow formats. Simply choose the class you want to take, come to the Aerobics Studio (or Spin Room) and be ready for fun and fitness.

(Level 1-beginner, Level 2-intermediate, Level 3-advanced)

## Step

- **Cardio Step** (30 mins.) Step aerobics (Level 1,2,3)
- **Cardio30** (30 mins.) Combines Step Aerobics with Interval/HiLo mix (Level 1,2, 3)
- **Step 1** (50 mins.) Step aerobics teaches the basic step moves (Level 1)
- **Advanced Step** (60 mins.) Lots of cardio, advanced step choreography, fun (Level 2,3)

## Sculpting

- **Bellies** (15 mins.) Abs & core workout ( all Levels)
- **Body Sculpt** (60 mins.) HiLo warmup then toning exercises using hand weights, body bars, tubing, stability balls, etc. (all Levels)
- **Bottoms** (15 mins.) Legs and "glutes" workout ( all Levels)
- **Lower Body** (30 mins.) Strengthen and tone the lower body and abs using dumbbells, steps, weighted bars, bosu, bands, etc (all Levels)
- **Lunch Lift** (40 mins.) Full body toning exercises using dumbbells, bands, bosu, balls, etc. (all Levels)
- **PowerSculpt** (45 mins.) Toning with weights, tubes, balls, bosu, and short cardio bursts (all levels)
- **Upper Body** (30 mins.) Resistance training for the upper body using dumbbells, weighted body bars, tubes, etc. ( all Levels)

## Special Classes

- **Bootcamp** (60 mins.) Incorporates "Bootcamp" style exercises outside and inside. Ex.- run, sprint, jumping jacks, pushups. (Level 2,3) \$\$ seasonal
- **Cardio Agility** (60+ mins.) Similar to Bootcamp, but mostly inside. Ex. -obstacles, trampoline jumping jacks, pushups, traveling ball pass, etc. (Level 2,3)
- **Cardio Interval** (50 mins.) Mixes weight exercises with cardio (all Levels)
- **Circuit Interval** (50 mins.) Various stations using multiple exercises to strengthen, tone and get a cardio benefit ( all Levels)
- **Fit Fusion** (60 mins.) Lots of combination strength moves and cardio moves (all Levels)
- **Kindergym /KidFit** (60 mins.) Age appropriate fun physical activities for kids. 1,2, 3 year olds are with parents, 4,5,6, and 7-11 year olds can be left with the instructor.
- **Yoga/Pilates** (40-60 mins.) Help relieve stress thru core strengthening, flexibility moves and focused breathing (all Levels)
- **SilverSneakers I** (45 mins.) For those that are just starting a workout program, or unfamiliar with exercise, or entering post physical rehab. Improves balance, strength, agility, and cardio (Level 1,2)
- **SilverSneakers II** (45 mins.) same as SilverSneakers 1 but more advanced cardio (Level 1,2)
- **Spin** (40-55 mins.) Cycle classes set to music held in the "Spin Room" (all Levels)
- **TaeKwonDo** (60 mins.) Korean martial arts. Instructor has 20 years experience. (ages 8+) \$\$
- **Turbokick** (60 mins.) Fitness using punches, kicks and boxing moves (Level 2,3)
- **Zumba** (45-60 mins.) Latin/Hip/Hop dance fitness class (all Levels)