

Club NewFit Class Descriptions

Athletic Cardio Training	
This innovative class will take field-based athletic training and modify it for the group fitness environment. Dynamic warm ups, dynamic flexibility, plyometrics, agility and quickness drills, as well as a variety of partner activities will challenge your body in a new way. Cardio, strength, flexibility, and FUN!	Cardio / Strength
\$ Belly Dance Fit	
Belly Dance Fit is an effective total body workout that slims and tones through cardiovascular and strength building dance moves. Basic belly dance moves mixed with isolation exercises will tone your hips, thighs, and abdominals. Belly Dance Fit requires an additional fee and runs for six weeks.	Cardio / Core
Cardio Interval	
This class will alternate intervals of intermediate, Hi/Low choreography with strength training exercises for a full-body workout that is sure to keep you coming back for more!	Cardio / Strength
Cardio Strength	
This class offers the benefits of both cardiovascular and strength training. Through traditional aerobic dance, kickboxing or with the use of the Bosu/ Step, you'll get your heart pumping. Add in resistance training with dumbbells, tubing, Body Bars, medicine balls, and stability balls and you've got a complete workout!	Cardio / Strength
Core Training	
This class will focus on building strength and endurance in your core muscles. They are the muscles at the center of the body's power and strength. Core muscles provide stabilization and support for all types of body movements whether it be for sports or the activities of daily living. Get strong in your core, be strong in your life!	Core Strength
Kickboxing Intervals	
A fast paced, high endurance class that involves alternating intervals of kicks and boxing combinations with strength exercises for an overall workout that will improve your cardiovascular conditioning, strength and flexibility.	Choreographed Cardio
Mat Pilates	
This class improves core strength, endurance, and flexibility with special emphasis on abdominal and back muscles. (The stability balls, therabands, & rings may be incorporated.)	Core Strength
Pilates Fusion	
This class fuses traditional Pilates with total body sculpting using weights, tubing, medicine balls, Body Bars and Pilates rings.	Core Strength
Spinning	
Spinning classes are fun, athletic, cardiovascular workouts. You'll burn a ton of calories, get lean, increase lower-body strength and improve your cardiovascular endurance. Heart rate monitors are recommended. (Sign up required prior to class)	Athletic Cardio
Step	
This class is high energy and will include choreographed routines using the step bench. It will get your blood pumping!	Choreographed Cardio
Step & Sculpt	
Thirty minutes of step followed by thirty minutes of body sculpting makes for the perfect combination class.	Cardio / Strength
Strictly Strength (f.k.a Body Sculpt)	
This multi-level class is for anyone who wants to develop muscular strength and endurance. We'll tackle basic resistance training exercises using traditional, strategic exercise principles. This simple, easy-to-follow workout challenges every major muscle using a variety of equipment.	Strength Training
Yoga	
This is a mind and body class for increased flexibility, strength and stress reduction.	Fitness Mind/ Body
Flow Yoga	
Geared for those just starting out, recovering from an injury or simply want a less intense approach to fitness yoga. We'll hold some poses longer and enjoy an extended final relaxation. Options will be offered for a variety of poses.	Intro-Restorative
Zumba	
Zumba is a fusion of Latin and International music and dance. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.	Choreographed Cardio