



Fitness Class Descriptions



Step & Tone – High intensity class utilizing both high and low impact moves to get your day started right. **Instructor:** Nicole Watson

Morning Zumba - A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. This Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. **Instructor:** Aimee Tangtong

Hi Energy Work-Out - This class consists of gentle exercises for seniors taught by a certified senior fitness instructor. Senior aerobics includes exercises for flexibility, posture, strength and functional skills of adult daily living. **Instructor:** Barbara Griffith

Silver Sneakers – This popular class combines fun and fitness through a variety of exercises. It is designed to increase muscular strength, range of movement, and activity for daily living skills. Hand weights, elastic bands and tubes, balls and chairs are used in the exercise. **Instructor:** Barbara Griffith

Evening Zumba - is a combination of Latin and International music that create a dynamic, exciting, fun and easy cardio work-out. The routines feature aerobic/fitness interval training with fast and slow rhythms that tone and sculpt the body. **Instructor:** Aimee Tangtong

Body Boost – This hour long class will focus on strengthening your entire body. This class will start with a short warm up to get your muscles ready to work. The remaining time will be used to tone your bodies using free weights, bars, bands, yoga balls, chords, and medicine card. **Instructor:** Barbara Griffith

Pound Fitness—Pound Fitness is designed in three core pillars: Mind, Body and Inner Rock star. These work together to promote a “Happy Healthy Self”. Experience different genres from pop, hip-hop to metal and electro, each track becomes its own emotional and physical journey, moving the attention and focus of each participant so class remains engaging, exciting and challenging.

Instructor: Rebecca Bishop

Strong by Zumba– Stop counting the reps. Start training to the beat. Strong by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by music, helping you make it to that last rep, and maybe even five more. In each class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats and kickboxing.

Instructor: Jazmin Thornsberry

NRV Self Defense– Learn skills to defend yourself! Classes for ages 13 and up. Parent permission is required for all minors. Classes will run from Sunday, August 25, 2019— Sunday, November 10, 2019. 12 class sessions will be from 2:00-4:00 p.m. Please wear loose fitting clothing. Space is limited. Sign up today!



| Fitness Class/fees | Members | Non-Members |
|--------------------|---------|-------------|
| Hi Energy Workout | \$15 | \$25 |
| Silver Sneakers | \$15 | \$25 |
| Body Boost | \$15 | \$25 |
| Step & Tone | \$25 | \$35 |
| Morning Zumba | \$25 | \$35 |
| Evening Zumba | \$25 | \$35 |
| Pound Fitness | \$15 | \$25 |
| Strong by Zumba | \$15 | \$25 |
| NRV Self Defense | \$20 | \$30 |