

# HealthSPORT

## GroupX Class Descriptions

**Body Blast** - Uses dumbbells, body bars, bands, for muscle toning, core and strength.

**Cardio Blast** - Cardiovascular conditioning to burn fat and boost your metabolism.

**Cycling** - 50 min. of stationary cycling to music. Fun way to burn fat.

**Cycle Circuit** - Cardiovascular conditioning mixed with Muscular Maintenance.

**Cycle Jam** - Cycle to the most current party jam songs in the dark. A real cycle-party.

**Weight Room Circuit** - Develop basic strength for osteoporosis and increase cardio conditioning, as well as enhance your balance. Good for beginners. All ages welcome.

**Youth Conditioning** - Prepare for life learn basic movement skills and have fun. Ages 6 and up.

**Cross Train**- Circuit Training with real world movements to improve fitness for real world circumstances.

**Cycle Slim** - Cycle your way to slimness with this fun, fat blasting cycling class. For those who want to lose weight, this is the class for you!

**Dirty Dancing** - Burn fat and calories with this sexy dance move class

**Simple Strength** - Good starter program for 50 plus. Workout includes walking drills, strength & stretching.

**Step** - Dance based movements around and on the step for increasing intensity and calorie burning.

**Zumba** - Dance your way to fitness with Latin rhythms. A fun and exciting class.

**Zumba Lite** - A lower impact Zumba. A great place to start the fun!

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