

SPECIALTY FITNESS CLASS DESCRIPTIONS

BODYPUMP™ is the original choreographed barbell class that strengthens your entire body. This class is taught by a certified Les Mills BODYPUMP™ instructor.

CXWORX™ - A stronger core makes you better at all things you do, from everyday life to your favorite sports. It's the glue that holds everything together. All the moves in CXWORX™ have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises such as crunches and hovers.

Extreme Fitness Circuit - Join Matt for this extreme workout in the field across from the Sheboygan YMCA. The functional training methods in this class are sure to leave you sore and wanting more. Equipment for the class includes ropes, tractor tires, picnic tables, plyo boxes, sand bags, slam balls and more!

"POW" - People on Weights is a group-oriented strength training program for people of all ages and abilities that includes muscle building, toning and endurance. This class will meet in the Lakeview Center and Riverview Center.

Power Express will give you more results in less time. Each week, you will receive a new, fast-paced total body workout specifically designed to tone your body and lose weight! This class will meet in the Lakeview Center.

Qigong (Chinese Yoga) is derived from the Moh Pai Kempo and Pai Hu Shih systems of Shaolin Kung Fu. The system incorporates a series of flowing movements and forms focusing on flexibility, balance and conscious breathing.

Spinning® is a cardiovascular workout performed to music on a trademark Spinning® bike. It is a great off-season opportunity to train for cycling in triathlons. This class is taught by a certified Spinning® instructor.

Tai Chi Chuan, casually referred to as "Tai Chi," is a deep, meditative, internal Chinese practice. At its original core, it is a martial art, but is nowadays it is commonly practiced and taught in a manner that

strengthens and promotes the mind, body and health of dedicated practitioners. We will focus on the 'Yang style' of Tai Chi Chuan, both the short and long forms. This practice will improve memory, balance, flexibility, stamina and core strength. The motions, one by one, are relatively easy to learn, but will challenge one's mind to string together over time and incorporate into one's "muscle memory." There is also a meditative aspect of the art that will improve one's peace of mind and ability to relieve stress.

Tread45 is 45-minute class for both beginners and those who race competitively. You can expect 28 minutes of running, with two and three minute hill climbs, followed by one-minute recoveries. Next you'll focus on speed intervals, ending with a six-minute progression where you will add 0.5 miles per hour each minute. We'll wrap it up with 10 minutes of strength training, including kettlebells and body weight exercises such as lunges and mountain climbers. This class will meet in the Lakeview Center.

Vinyasa 1 is a slower paced flow class involves creating sequences geared to open and strengthen the entire body. Time is spent breaking down sun salutations and other poses fundamental to a Vinyasa practice. This class is taught by a 200 Hour RYT - Registered Yoga Teacher.

Vinyasa 1/2 is aimed at the seasoned beginner who has Level 1 experience and intermediate practitioners who are ready to expand their yoga practice. We recommend that students seeking to take these classes feel confident, safe and strong throughout classic sun salutations. This class is taught by a 200 Hour RYT - Registered Yoga Teacher.