

**DEER PATH ADULT GROUP FITNESS CLASS DESCRIPTIONS**  
**ALL ADULT GROUP FITNESS CLASSES ARE SLOTTED FOR 60 MINUTES, UNLESS OTHERWISE NOTED**  
**MUST BE 12 YEARS OR OLDER TO PARTICIPATE IN ADULT GROUP FITNESS CLASSES**

**BOOT CAMP** – This military style total body conditioning workout incorporates drills, cardiovascular as well as strength training.  
**1 Hour, 15 Minutes INTERMEDIATE TO ADVANCED**

**CHAIR YOGA** – Using a chair, explore the mind-body connection by learning how to focus, relax and improve circulation. Designed for those who are new to Yoga or for those that want less intensity. **1 Hour, 15 Minutes BEGINNER**

**COACH BY COLOR CYCLING** – Cycling class that delivers real-time, color coded biofeedback. Members connect more efficiently to their workouts to maximize the training experience and help them to reach their fitness goals faster. Reserved passes available 15 minutes before start of class. **ALL FITNESS LEVELS**

**CORE** – Intense 30 minute core-oriented workout that will challenge your core from many different angles. Be prepared to be challenged! **ALL FITNESS LEVELS**

**FUNCTIONAL STRENGTH** – Strength training class that focuses on multi-directional, multi-muscle moves using weights, kettlebells, bars and body weight.  
**45 Minutes ALL FITNESS LEVELS**

**GENTLE YOGA** – Explore the mind-body connection by learning how to focus, relax and improve circulation. Designed for those who are new to Yoga or for those that want less intensity. **BEGINNER**

**INDOOR CYCLING** – Instructors lead this multi-level group exercise class on a calorie-burning journey. Reserved passes available 15 minutes before start of class. **EXCEPTION: FIRST CYCLING CLASS OF THE DAY – PASSES AVAILABLE FIRST/COME FIRST SERVE – ONE PER PERSON.**  
**Friday 5:45am – 1 hour, 15 minutes ALL FITNESS LEVELS**

**KICKBOXING** – Total body workout using kickboxing bags to strengthen and condition the body. **Kickboxing gloves required for class.**  
**INTERMEDIATE TO ADVANCED**

**LOW IMPACT** – Get a great cardiovascular workout with floor aerobics consisting of low impact moves that is great for your heart but easy on your joints.  
**ALL FITNESS LEVELS**

**PILATES** – Concentrate on alignment and lengthening all of the muscles, while improving flexibility, coordination and strength. **ALL FITNESS LEVELS**

**PILATES FUSION** – Class focuses on core conditioning and flexibility using controlled movement to help improve body awareness and increase overall fitness.  
**ALL FITNESS LEVELS**

**SENIOR SHAPE UP** – Designed specifically for the active older adult, class offers non-impact aerobics, strength with weights and bands and ends with a relaxing stretch. **45 Minutes BEGINNER**

**TABATA** – A challenging, high-intensity interval workout. Each Tabata round is eight consecutive intervals of maximum intensity for 20 seconds, followed by 10 seconds of recovery. **Tuesday 9:30am – 40 Minutes / Thursday 6:00pm – 30 Minutes INTERMEDIATE TO ADVANCED**

**WOMEN'S LIVING WELL** – Women-only class designed for those women who may feel intimidated to join a gym or fitness class on their own. Class provides lots of encouragement and motivation. **Wednesday 11:00am – 45 Minutes BEGINNER**

**YOGA** – Explore the mind-body connection by learning how to focus, relax and improve circulation.  
**Tuesday 12:15pm, Thursday 1:30pm, Saturday 9:15am, Sunday 9:30am – 1 Hour, 15 Minutes ALL FITNESS LEVELS**

**ZUMBA** – Zumba fuses Latin rhythms and easy to follow moves to create a dynamic, energetic dance workout that will feel like a party not a workout!  
**ALL FITNESS LEVELS**

**ZUMBA TONING** – Targeted body-sculpting and high energy cardio with Latin-infused Zumba moves create a calorie torching, strength training, dance fitness party.  
**ALL FITNESS LEVELS**



**CLASSES:**

**ACTIVE TOGETHER** – Gives you all the training you need – cardio, strength, balance and flexibility in just one hour. Get stronger and healthier with inspiring music, hand weights, body weight and simple athletic movements. **ALL FITNESS LEVELS**

**BALANCE & FLEX TOGETHER** – Will grow you longer and stronger with an invigorating 60minute mind-body workout. It incorporates Yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. **ALL FITNESS LEVELS**

**CARDIO STEP TOGETHER** – 60 minutes of cardio training that uses The Step in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your agility, coordination and strength with exciting music and group energy. **ALL FITNESS LEVELS**

**CORE FOCUS TOGETHER** – Trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain and help strengthen your abs. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform – all to challenge you like never before. **Please bring towel to class. ALL FITNESS LEVELS**

**DEFEND TOGETHER** – Is a gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music. **INTERMEDIATE TO ADVANCED**

**GROOVE TOGETHER** – Will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to current hits and energetic songs. **ALL FITNESS LEVELS**

**STRENGTH TRAIN TOGETHER** – Will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best. **ALL FITNESS LEVELS**

**ViPR – CONDITIONING TOGETHER** – Integrates strength and cardio training to build muscle, burn calories and improve agility. Revolutionize your whole body using Loaded Movement Training with the ViPR in this three-dimensional 30 minute experience. **INTERMEDIATE TO ADVANCED**