



**ROUND VALLEY 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**

**BODY SHOCK** – A total body workout including core work. Strengthen your muscles and your heart with intervals of step combinations, power moves, and body sculpting. **ALL FITNESS LEVELS**

**BOOT CAMP** – Drills and more drills! This military style total body workout incorporates cardiovascular, endurance, and strength training. **INTERMEDIATE TO ADVANCED**

**BROS AND JOES** – Men only fitness class that focuses on the total body using strength, endurance and core exercises. Be ready to be challenged. **INTERMEDIATE TO ADVANCED**

**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**

**INDOOR CYCLING** –Instructors lead this multi-level group exercise class on a calorie-burning journey. Reserved passes available 15 minutes before start of class. **ALL FITNESS LEVELS**

**MEDITATION** – Find calmness, serenity and peace of mind. 15 minute meditation session explores different types of meditation. Modifications will be offered for all to feel welcome. **ALL FITNESS LEVELS** 15 minutes

**PILATES** – Conditioning class that improves muscle control, flexibility, coordination and strength while concentrating on alignment, lengthening all of the muscles in the body. **ALL FITNESS LEVELS**

**ROCK YOUR CORE** – Intense 30 minute core-oriented workout using moves from a variety of disciplines including Pilates, Yoga and mixed martial arts all set to pop/rock beat. Come on in and rock your core! **ALL FITNESS LEVELS**

**STEP & SCULPT** – Total body workout using the step for cardio intervals and weights and body weight for strength moves. Core work finishes the workout, followed by a great stretch. **ALL FITNESS LEVELS**

**TABATA** – Challenging, high-intensity interval workout structured around eight consecutive rounds – 20 seconds maximum intensity interval, followed by 10 recovery seconds. Sunday 9:15am – 45 Minutes / Monday 5:30pm – 45 Minutes **INTERMEDIATE TO ADVANCED**

**YOGA** – Explore the mind-body connection by learning how to focus, relax and improve circulation. Tuesday 10:30am, Thursday 10:30am and Friday 5:30pm – 1 hour, 15 minutes **ALL FITNESS LEVELS**

**ZUMBA** – Zumba fuses hypnotic 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**



**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 incorporate 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 and 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**

**VIPIR – 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 VIPIR in this three-dimensional 30 minute experience. **INTERMEDIATE TO ADVANCED**

**Any questions, please contact Teri Saccal, Director of Healthy Living at 908-483-4933 or [tsacal@hcmca.org](mailto:tsacal@hcmca.org)** Updated: 11/30/18