



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 – Military style total body conditioning workout incorporates cardio and strength drills. 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**

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**

IGNITE! –Cutting-edge digital platform features create an exciting riding experience through competition, vivid data visualization and encouragement. 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. ALL FITNESS LEVELS**

INDOOR CYCLING –Multi-level, calorie-burning cycle ride. 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. **Kickboxing gloves required for class. INTERMEDIATE TO ADVANCED**

LOW IMPACT – Low impact workout and strength 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 – Focus on core conditioning and flexibility using controlled movement to improve body awareness and increase fitness. **ALL FITNESS LEVELS**

SENIOR SHAPE UP – Designed specifically for the active older adult, workout offers non-impact aerobics, strength training, core work 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 **INTERMEDIATE TO ADVANCED**

VIRTUAL/IGNITE! CYCLING –Scenic cycle ride exploring virtual roads and trails enhanced by Coach By Color, incorporating vivid data visualization for an exciting riding experience. 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. ALL FITNESS LEVELS**

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, Friday 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 GOLD – Low impact Zumba class that fuses Latin rhythms and easy to follow moves to create a dynamic, energetic dance workout that will feel like a party not a workout! 45 Minutes **BEGINNER**



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

Any questions, please contact Teri Sacca, Director of Healthy Living at 908-483-4933 or tsacca@hcmca.org

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