



AtlantiCare LifeCenter

GROUP FITNESS CLASS DESCRIPTIONS

AQUASIZE

Get into the swim of things with this relaxing stress free workout. The buoyancy of water will make this total body workout easy on the joints, intense on the muscle groups while enabling positive muscle strengthening to the lower back muscles. This workout also gives excellent cardio endurance training.

BALLET BAR w/STRETCH & TONE (SENIOR FRIENDLY)

Elongate tone and strengthen your muscles the same way that dancers do. This class builds strength and flexibility to all the muscle groups important in the everyday movement of our bodies.

BASIC SELF DEFENSE

This class offers the basics in learning self defense also building cardio endurance, balance training and strength training. Arnaldo Leggi, a European martial arts champion and body guard to Evander Holyfield instructs this class in a simplistic easy to follow manner allowing the novice participant to feel comfortable yet challenged.

BOOTCAMP

Basic Callisthenic moves to enhance cardio and strength training, kickboxing is also part of this workout ending with core strengthening and a touch of Tai Chi an excellent class geared to all levels of fitness.

BODYCUT

BODYCUT is the fastest way to get into shape. It is the group barbell program that challenges every major muscle in your body. Ten stationary routines using weights and music strengthen and tone in record time. Repetitions boost your endurance and speeds up metabolism for rapid fat burning enhancing confidence and well being. The weight-bearing moves help increase bone density, a vital factor in reducing the risk of, or the incidence of Osteoporosis. Appeals to men and woman of all ages. BODYCUT is ideal for beginners and enthusiasts seeking a motivating self-regulated workout.

CARDIO KICKBOX w/SELF DEFENSE

Experience cardio kickbox endurance training while learning to defend yourself against possible assailants using empowered self defense moves. This class is geared to both men and women.

CARDIO SCULPT/LIGHT (SENIOR FRIENDLY)

A low level of endurance training incorporating cardio and weight bearing moves which enables the participant to increase metabolism and bone density.

CYCLING

Take an adventurous bike ride anywhere in the world, an awesome challenging workout, just use your imagination and thrill to the excitement and energy of this total fitness experience. This class is offered for all levels of fitness.

RESIST-A-BALL

The use of a medicine ball and stability ball are incorporated in this strength bearing workout. Increase upper and lower body strength, cardio endurance, and strengthen the powerhouse muscle group.

SENIORSIZE CHAIR AEROBICS AND STRENGTH

A low intensity level of aerobics and strength training conducted in a chair or standing, depending on the individual physical condition of the participant.

TOTAL BODY SCULPT

This is a consummate fitness workout for all levels utilizing body bars, body bands, and free weights. A low level of cardio will kick off this workout.

30/30/BODY SCULPT w/ HARDCORE ABS

This workout centers on complete muscle strengthening incorporating free weights, body bands, and body bars. The last segment of this workout centers on the powerhouse muscle group (core strengthening). It is geared to all ages and levels of fitness.

30-30 STEP N' SCULPT w/ ABS

The first thirty minutes of this class is designed to strengthen cardio endurance with a combination of step and floor aerobics. The second thirty minutes of this workout centers on muscle strength training and core training.



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