

Cooper/Glimmerglass Fitness Centers

Group Exercise Class Descriptions

BGT/Fitball – Need help with those problem areas? This class is designed to isolate those hard to tone muscle groups ...your butt...your gut...and your thighs! (Incorporates the use of hand weights and stability balls)

Beach Body – A combo cardio and strength workout that focuses on the entire body using weighted “body bars.” This unique, popular workout will burn those extra calories and help tone up your muscles all in less than an hour.

Indoor Cycling – Come one of the hottest trend in group exercise today, indoor cycling or “spinning” classes. The instructor motivates you to bike through an imaginary course of hills and valleys as you burn upwards of 500 calories a class. This class can be beneficial to all fitness levels because of the ability to adjust the workload on the tension knob. Class is limited to 9 participants on a first come first serve basis (15 min before class).

Piyo – Piyo is a unique and exciting combination class that provides the core strengthening of **Pilates** and flexibility training of **Yoga**.

Yoga – The Yoga class provides strength and flexibility into a single dynamic workout. The sequence of movements is designed to counter-balance the stress of our lives and promote the practical application of strength and flexibility throughout one’s daily activities.

Ab Attack – Everyone is looking for those tight abs and strong back. Come try this 45 minute class that exclusively hits the abs, obliques and lower back muscles. You will be in an out in no time with a tighter core area.

Arms and Abs – The name says it all! A 45 minute class dedicated to toning abdominal area and the entire upper body, especially the arms.

Zumba – Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat.

Kick Boot Camp – Stressed out? Come let off some steam while learning how to strike targets safely and effectively. This class blends the kicks and punches of martial arts with an intense cardio workout and full body fitness.

Booty Camp – 45 minute circuit training class dedicated toning the entire body while burning some extra calories with a variety of unique, fun and challenging exercises.

H.I.T.S (High Intensity Training Session) – Come try this newly developed class to push your workout to a whole new level. H.I.T.S is an equipment free class that focuses on the power of true **interval training** and **plyometrics**. Based on elements of the **Insanity workout**. Bring a water bottle!