

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)

Body Pumping – 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 try 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). **Combo class** incorporates some weight training on the bike!!!

Cardio Kickbox – A cardiovascular workout that incorporates basic martial arts and boxing moves. Awesome kicks, punches and jabs choreographed to motivating music will put your body through a workout like never before. Guaranteed to increase your strength and stamina.

Kick/Sculpt – A fantastic combination of kickbox and a strength training workout. Create some serious curves with light weights. Designed to work every muscle to the point of fatigue.

STEP – Come try this classic and fun aerobics utilizing the steps. These STEP classes provide great cardio conditioning that involves fun and unique step patterns. Great for weight control and lower body toning.

STEP/Kick – This is the perfect class! 20 minutes of classic step, 20 minutes of cardio kickboxing. Release stress, burn calories and increase energy!

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.

West African Cardio Kickbox – A blend of West African dance moves with cardio punching and kicking. Class is 8 weeks in length and will run from 9/2 - 10/21. Free for all students.

Core Blaster – Everyone is looking for those tight abs and strong back. Come try this 25 minute class that exclusively hits the abs, obliques and lower back muscles. You will be in and out in no time with a tighter core area.

Cardio Express – Tired of the treadmill or elliptical? Try this unique class that burns those extra calories in less than 30 minutes. Different class every time!

Toning up Top – 30 minute class dedicated to toning the entire upper body, especially the arms.