

# Cooper/Glimmerglass Fitness Centers

## Group Exercise Class Descriptions

**Core & Conditioning** – This class blends our toning classes together into one description of Core & Conditioning! Instructors will take members through a 45 minute or an hour class that hits your core, upper body, lower body, and cardio depending on the day. Core & Conditioning allows for a mix of circuit training and a total body tone.

**Indoor Cycling** –A high energy class with great music and motivating instructors guiding you through various sprints, climbs, and flats. You'll be sure to burn plenty of calories with this fun and upbeat bike workout. Open to all, regardless of cycling experience. Seats are limited so be sure to arrive early! (books open 15 min before class time)

**Kickbox Conditioning** – This class blends aspects of martial arts with an intense cardio workout and full body exercises to help you work up a sweat and relieve some stress!

**Yoga** – All skill levels welcome at any class! Our class styles vary from Vinyasa, Mobility, Restorative, and Renewing Yoga. Yoga instructors will base each class on participant's requests and skill level to ensure a positive time that will relax your body and mind.

**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.