

class descriptions

CARDIOVASCULAR CONDITIONING

High Lo 'n TONE/Cardio TONE

A dance/aerobic class with floor patterns for all fitness levels. Don't worry if you have two left feet!

Cardio Overdrive

A solid interval program-the aerobics and toning are both fast-paced and choreographed. The fast pace keeps you burning fat; the choreography keeps you motivated. A total body workout combining cardio segments with muscle conditioning. 5 minute warm-up, 45 minutes of blended floor aero/tone and 5 minute cool-down.

Boot Camp and Muscle Endurance

Two workouts-fast changing floor aero/tone intervals and high-rep Body sculpting that uses a step. Boot camp features aero/tone cycles. Within each cycle, there times intervals: floor aerobics, lower body, upper body and core (to optimize variety and work your muscles in distinct ways). The cardio can range from power kicks to jumping jacks and the toning program uses hand-held weights to maximize intensity.

Precor Challenge

Cardiovascular group fitness training on the elliptical machines featuring challenging intervals of speed and strength.
*Signup required 15 minutes before class.

Group Cycling (Spin)

A stimulating ride up imaginary hills and straight away flats. Music and instructor visualization techniques highlight this class. Participants are encouraged to work at their own level. Water and towel strongly encouraged.

Zumba!

Zumba is Spanish and means "to move fast and have fun". It is a sizzling fusion of traditional Cumbia, salsa, samba and meringue paired with pulsating Latin rhythms mixed with red-hot international dance step. Infectious music accompanies this dance-based class.

Cardio Dance Fusion

An easy to follow blend of classic aerobics with hip-hop dance moves. More like a party than a workout, this program is all about having fun. The music keeps you motivated while featuring different music/dance styles: club, Latin, jazz and modern. Let's not forget the targeted toning exercises on the mat to complete this workout.

Cardiomax

A varied medley of calorie blasting aerobic exercises featuring high intensity (but modifiable) sports/athletic drills and full body moves. Lots of fat burning with non-stop action.

TONING

Hi-Def Sculpt

A well-designed dumbbell workout that optimizes results with precise weight-level selections (so the weight is matched to the specific muscle group being worked). Incorporates a huge variety of exercises and techniques-sometimes working multiple body parts, sometimes isolating a single muscle group. Strictly a toning class.

Total Core Pilates

A deep-muscle mix of traditional and intensified Pilates exercises. You'll start with a classic Pilates mat routine. Then you'll amplify its effectiveness by adding quick pulses, isometric holds, tempo changes and larger movements.

Yoga

Increase flexibility and range of motion, reduce stress with standing and seated postures. All levels welcome.

Power Abs and Core Solutions

An exceptionally varied and effective-mix of ab-focused exercises. Crunches, Pilates-inspired abdominal work with rotational moves (exercises that target your oblique, the muscles that "cinch" your waistline). Even standard routines get a variety boost with intensity progressions and body-position options

Pump, Sculpt Fusion

You'll burn calories and tone your body while integrating elements of balance, flexibility and muscle conditioning. Low-impact with sculpting combinations on the Reebok Core board. Taught add-on style, it's a series of four to six routines linked into "combos" (e.g. a squat with a shoulder press or a dead lift with a bicep curl).

Fit at Any Age

A not-so-basic chair workout featuring resistance bands for upper body sculpting and flexibility. No hip-hop dance steps or hard-thumping music-just staying in shape with a motivating medley of proven exercises.

WATER CLASSES

H2O Works/H2Orobics

A one hour, non-impact water fitness class that focuses on basic moves to gently condition muscles.

Aqua Jam

A pool workout that includes rhythm and resistance to burn calories.

Aqua Circuit

A great cross trainer to land-based, weighted workouts. Increase agility, coordination, speed and strength.

H2O Suspension

A very "now" water workout focusing on more advanced techniques. Fun equipment is used in this fun class.

FITNESS
Worcester
group exercise

Worcester Fitness at Grove Street

****All classes taught in the effort to challenge participants but can be easily adapted to lower levels of the fitness spectrum.**

Bring towel and water to CYCLING class. Stiff soled shoes are recommended.

Please be ON TIME to all classes as it is a distraction to participants and instructor.



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