

## **KESWICK CLUB FITNESS CLASS DESCRIPTIONS**

**Body Blast** complements the Body Sculpt class...60 minutes of choreographed weight lifting targeting the bodies large muscle groups. Recommended for beginner to advance participants

**Body Sculpt (sculpt means re-shape)** is a 60 minute total body workout. In this class you will be using hands weights, body bars, resistance tubing, steps as a prop and stability balls. We will focus on bringing each muscle to failure, which is how you SCULPT the body. Recommended for all levels of fitness

**Boot Camp** ..This is a popular interval class that mixes calisthenics and body weight exercises with cardio and strength training. This boot camp is designed in a way to be different every time, and push you harder than would push yourself. We want to keep you guessing - and challenge you differently every class

**Cardio Combo** is a 60 minute class incorporating 30 minutes cardiovascular conditioning by use of the step in choreographed sequences. We end class with 20 minutes of toning exercises. Recommended for beginner to intermediate participant

**Cardio Sculpt** -85 minute class incorporating the familiar Body sculpt format with the addition of 30 minutes of Basic Step Aerobics

**Core n More**... 60 minutes of work---- 30 minutes of core strength followed by 30 minutes of full body static stretches.

**Gentle Yoga**.... A great class for beginners—and everyone interested in exploring a gentle practice and restorative postures. This class includes basic breathing exercises, as well as a variety of foundational postures (standing, seated, and on the floor). 60 minutes.

**Multi-Level Yoga** spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation. All levels welcomed...60 minutes

**P90X** is a full-body, strength-training format, featuring four unique blocks of work: Cardio X, Lower Strength, Upper Strength and X Core. The program is 60 minute sessions and incorporates a new “protocol based” approach to full body training. This class is suitable for all fitness levels 60 minutes

**Stretch & Tone** is a 45-minute class that meets on M/W/F from 9:35 - 10:20 AM at the Keswick Club. It is designed for senior exercisers who want to stay active and fit. The focus is on posture, balance, flexibility, and strength. We begin with a warm up and end with stretching. This class is designed to work a little of everything for overall health and fitness, but it is not intended to be an aerobics class.

**Tabata**- 45 minutes of 20 second intense work followed by 10 seconds of rest. This interval class will increase metabolic rate, move your system past any Plato you may experience with steady state exercise, and create muscle confusion. Options will be given throughout the class for non-impact needs. The class will end with 15 minutes of core work.

**Vinyasa** yoga, in which movement is synchronized to the breath, is a term that covers a broad range of yoga classes. This style is sometimes also called **flow** yoga, because of the smooth way that the poses run together and become like a dance.