

# **CLASS DESCRIPTIONS AT GHRC**

**BodyPUMP:** Raise the bar on your fitness level! BodyPUMP is a nationally syndicated program that is packing classes across the country with its high energy, easy to follow body sculpting format utilizing the weight bar, weight plates and the step. Come experience what the big gyms in the big cities are offering, right here in Burnet!

**Chair Yoga:** Come experience yoga with a new twist! Poses are done primarily in a seated position, or can be taken to the mat. Suitable for those new to yoga, or anyone desiring a taste of something different!

**Circuit City:** Come join us in the weightroom for a circuit style workout which will trim and tone your whole body! If you're timid to venture into the weightroom by yourself, this class is the perfect place for you!

**Pilates** Intense enough to engage the athlete yet gentle enough for the beginner. This class aligns the body, builds long lean muscles and develops core abdominal strength.

**Pilates 101:** If you've never tried Pilates before, or are a seasoned devotee, you will enjoy this very instructional, well paced and energizing class. Taught by a master Pilates instructor educated in the Joseph Pilates method, this class will introduce you to the fundamentals of Pilates, and then take you to a higher level of fitness. You will understand exactly how to do the exercises as well as why. Come see why all the body-conscious celebrities love Pilates!

**Power Step** : A high energy cardio-based workout incorporating the step, weights, and a variety of other tools to give you a great, heart-pumping workout.

**PowerCut:** Weight training is designed to change your body composition from fat to lean muscle tissue. This is a 60 minute class of continuous weight training-no jumping around in here! But don't be fooled...your heart rate will go UP! The focus is on muscle endurance and definition. This may sound like it's for athletes only, but you can use lighter weights and reduce the reps, and new exercisers will begin to notice a difference too.

**Sit & Be Fit:** Designed for people of all ages, chair exercise can be used for people whose physical condition or restricted mobility limits their participation in other conventional forms of exercise, or for those who want to add a cross training element to their exercise routine. This class involves safe, non-impact, gentle aerobic and strength exercises to improve muscle strength, flexibility, overall condition and energy level. Light weights, resistance bands and other equipment are incorporated which will challenge you and strengthen your lean tissue. This is not your nursing home chair class: come and join in the fun.

**Step'n'Sculpt:** An interval class which mixes step moves with muscle toning and ab work, which will get your engine racing and your muscles moving! The time flies by in this fast paced, fun class.

**Yoga:** A class for flexibility, toning, strength, and quieting the mind. If you are looking



to start exercise and not sure where to begin, this is a great class for you, though this class is also an excellent choice for the more experienced student.

**Yoga Stretch:** This class utilizes traditional yoga movements, but focuses more on the stretch component than the strength element. A relaxing way to end your day, you will feel energized and re-centered when you leave.

**Zumba!** It's not a workout, it's a party! Come experience the hottest new workout that is packing classes at gyms across the country. No need for prior dance experience, you just have to want to sweat and have more fun in a fitness class than should be legal! This wild workout with a latin flair combines fitness movements with latin rhythms such as salsa, samba, reggaeton, and more in an ab-toning cardio blast! Dancing with the Stars, look out!

**Zumba Core:** First we dance, then we train! An energizing dance-based workout followed by a series of exercises focusing on abs and back. Your heart and mid-section will thank you!

**Zumba Express:** 30 minutes of fiesta filled fun! Come join us for a quick latin blast!