

GEMINI CENTER REGULAR GROUP FITNESS CLASS DESCRIPTIONS

BUILDING BALANCE: Balance and flexibility are the most overlooked element of fitness and is overlooked until problems arise. With consistent practice and specific exercises you should be able to improve your balance over time. Focus is on balance, stabilization and stretch. **(Studio 2)**

CARDIO KICKBOXING: This class is designed not only to give you a great cardio workout, but you will Kick with power and proper technique. Aerobic drills, resistance bands and bags are used to build endurance and improve strength. This class in an intense class set to high energy music. Modified moves are shown for beginners. **(Studio 2)**

CARDIO INTERVAL: Great class that uses various cardio workouts and incorporates strength training and core work. No special skills needed, keep it basic and effective! **(Studio 2)**

CORE & WEIGHTS: A fun and innovative sculpting workout utilizing various equipment with the addition of cutting edge core exercises. Improve muscle definition and endurance utilizing various types of equipment such as free weights, tubes and balls. **(Studio 2)**

INTERVAL STEP / WEIGHTS: Challenge your fitness level with a variety of interval work designed to burn optimal calories while strengthening and toning your entire body. This class is basic in moves but high in intensity! Instructor shows various modifications for all fitness levels to be successful. **(Studio 2)**

SPINNING™: Spinning is the original and most popular group cycling. A Certified Spinning Instructor will coach you through a variety of terrains and heart rate zones. This class can be modified for all levels of fitness. Space is limited. Please bring a towel and water to class. Heart rate monitors are recommended. **Please no shoe clips outside of studio!**

SPIN & CORE: 45 Minutes of Spinning combined with 10 minutes of core work.

PILATES: An innovative system of mind-body exercise based on the principles of Joseph Pilates. Strengthen your core muscles with emphasis on proper breathing, correct spinal and pelvic alignment and concentration on smooth flowing movement on the mat. **(Studio 1)**

TURBO KICK®: Turbo Kick is a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivation music. It is the ultimate cardiovascular challenge that is a unique blend of intense intervals, strength / endurance training and a relaxing cool-down. Turbo Kick requires no previous kickboxing experience or equipment **(Class is limited to 12)**

4-EVER-FIT: A gentle but effective exercise program which focuses on functional fitness. Toning, flexibility and stretching are tailored to the older active adult or beginner exercises. **(Studio 2)**

Lunch Express :Monday & Wednesday lunch time workout at a slightly shorter segment of the class listed.

GEMINI CENTER SPECIALTY GROUP FITNESS CLASSES

(Sign up or drop in only)

ADAPTED FITNESS: Participants with special needs can enjoy a fitness class that offers fitness instruction to enjoyable music. Social interaction is a great added bonus to this class. Participants must be able to function independently in class. This class is pre-registration only and is dedicated to ages 13 & over, however exceptions can be made with age restrictions based on instructor approval and parent consent. **(Studio 2)**

BEGINNER YOGA: This excellent class is for the individual who is just starting out. This class integrates body and mind for the total performance featuring strength, conditioning, and flexibility. The class will encompass the basic asanas. Instruction will be slow and explained **(Studio 1)**

PILATES: An innovative system of mind-body exercise based on the principles of Joseph Pilates. Strengthen your core muscles with emphasis on proper breathing correct spinal and pelvic alignment and concentration on smooth flowing movement on the mat. **(Studio 1)**

YOGA FLOW: A powerful Vinyasa flow that takes you through a variety of yoga poses, strengthening exercises and breathing/meditation skills. This class is open to all levels of fitness and teaches a variety of modifications. **(Studio 1)**

ZUMBA : (Drop In Only) Zumba is a fun, easy and effective form of Latin cardio that combines high energy and motivation music. Basic moves from Salsa, Meringue, Belly Dancing, Cumbia and Reggae are incorporated to make a dynamic fun class. **(Studio 2)**

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