

CHRISTUS Good Shepherd Institute for Healthy Living

Class Description

Strength and Conditioning

A.B.T. (Abs, Buns & Thighs) is a combination of strength enhancing and muscle toning exercises targeting common problem areas. In 45 minutes, you will use body and equipment resistance, feeling that burn in your quads, glutes, hamstrings, and of course the abs.

All Ages and Stages is 50 minutes of strength and cardiovascular training geared toward the improvement of core, balance, joint stability and staying independent. Getting up and getting down on the floor is a must for this class. The goal is to help you live stronger longer!

BODYPUMP® by Les Mills is a worldwide program offered at thousands of gyms. This is the original total body BARBELL workout. You are led to perform traditional weight room exercises like squats, presses and lifts targeting all muscle groups of the body. The music, exercises and instructors take you to a new level of weight lifting. Routines are 60 minutes long and change every 8-12 weeks to break plateaus and keep results coming.

BODYCOMBAT® by Les Mills – one try and you will be hooked! BODYCOMBAT is a mixed martial-arts inspired class for anyone at a moderate fitness level, because the moves are simple and easy to follow. The choreography targets muscle toning and conditioning, promotes agility and coordination, and works to build speed and agility. Routines change every 8-12 weeks to break plateaus and keep results coming.

BODYCOMBO is a combination of the popular Les Mills BODYCOMBAT® and BODYPUMP® in a 60-minute total-body blast!

Be Fit for Life is a 60-minute combination class that alternates strength training using dumbbells, bands, gliders, BOSUs and stability balls with cardio or plyometric moves designed to sculpt each muscle group. Instructor will show modifications for every move to accommodate all fitness levels.

Insanity® offers 30-45 minutes of total body conditioning, complete with high intensity cardio moves, plyometrics, balance work and agility drills without the use of external weights or other equipment. Each week you will get better and do more.

Insanity®/P90X® - you will get 30 minutes of Insanity total body conditioning plus 30 minutes of the popular full body resistance program P90X®.

PiYo Strength® is an athletic blend of Pilates and Yoga. Enjoy this unique combination class to lengthen and strengthen your muscles.

Power Hour is one hour of intense, full-body strength training utilizing dumbbells, medicine balls, gliders, bands and much more. We will use traditional sculpting moves along with compound, multi-joint exercises to strengthen every muscle in your body. Our goal is a powerful body with a strong core. All fitness levels are welcome.

Power Step is a 45-minute energizing step workout using simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

Stepaholics is 45 minutes of intermediate to advance step choreography for step lovers. Step aerobics increases your cardio and calorie burn, challenges your balance while sculpting the legs and core. Add face-paced, fun music to the mix and you have got yourself a great workout!

Stream Line Sculpt**- Burn calories, sculpt, and increase muscle tone, while shaping your muscles in 60 minutes. This class combines the core-focused strength of Pilates with the fluidity of Yoga style movements.

Tabata H.I.I.T: This High Intensity Interval Training program incorporates strength and cardio exercises in Tabata-style timed intervals followed by a quick recovery. Achieve maximum calorie burn with incredible cardiovascular conditioning. Dumbbells, barbells, gliders, steps and BOSUs and your body are the tools used in class. Come get that calorie burn that will last 24-48 hours after the workout

TR Fle"X" is 45 minutes of strength, core and flexibility exercises. You will use the TRX® bands and your body weight to set the intensity of the workout, combining with gravity to develop lean, strong muscles, improve your core and balance and increase flexibility.

Turbo Kickboxing® combines the better of two worlds: martial arts and group exercise. This is the ultimate 45-60 minute cardiovascular challenge with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength and endurance.

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AQUA CLASSES

Aqua Motion Combining the simple equation of Water + Music + Resistance Exercise = A great way to get fit and keep your body in motion. You will use different resistance equipment in the cool waters of the lap pool and rock your cardio endurance, your strength and your core.

Aqua Zumba® Take your water exercise to a new level with Latin/International-inspired dance moves. This pool party will be a great workout for all fitness levels.

Early Morning Aqua Wake up to 60 minutes of cardio, strength and flexibility exercises that will give you a great workout while still easy on your joints.

Evening Water Works End your day with a fun and complete warm water workout in the resistance pool. Using different equipment and your own body resistance get fit with the upbeat music and ever-changing strength and cardio moves. Because...water works!

Noon Water Works Same great class as the evening happens mid-day...same soothing warm water workout!

Wave Dancing 60 minutes of the best low impact aquatic dance movements combined with strength training segments to work your whole body. It's so much fun you will never know you are working out!

ZUMBA®

Zumba® is exhilarating, caloric-burning, body-energizing, Latin/International-inspired dance fitness! The cardio-based routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. It's fun, easy, effective, and anyone can do it! Ditch the workout and come join the Zumba® party!

Zumba® Gold is the same famous Latin/International-inspired workout designed for the active older adult or the Zumba® beginner who wants to learn the dances at a slightly slower pace. The design of the class introduces easy-to-follow Zumba® choreography, including chair routines, which focuses on balance, range of motion and coordination. Come join the party for the first time!

Zumba® Gold Toning blends the strength-training techniques of Zumba® Toning with the modified-moves of Zumba® Gold to create a workout for the active older adult and the Zumba® beginner.

Zumba® Sentao combines strength training with innovative dance moves, using a chair as your dance partner. This high-intensity workout focuses on defining muscles, improving overall cardiovascular health, and burning major calories in the process.

Zumba® Step/Toning Through the use of light-weighted maracas and an aerobic step, feel the beat and learn how to use your own body weight to enhance muscle strength, improve definition, and endurance.

Zumba® Toning Take the same wild Zumba® workout and add light-weighted maracas for a total body toning and super-sculpting experience.

CYCLE CLASSES

Cycle is a 60 minute aerobic-based workout that burns a ton of calories. This great workout improves cardiovascular endurance and strengthens the heart. Each participant is in control of the speed, intensity and resistance of his or her own bike. Along with the room's special visual effects, this workout will leave you feeling completely invigorated!

Cycle/Pump is 30 minutes of cycling followed by 30 minutes of strength training or a combo class geared to improve strength. This is the perfect combination for the ultimate workout!

Cycle Core is 45 minutes of cycle and 15 minutes of core. Each participant is in control of the speed, intensity and resistance of his or her own bike. Any level will benefit from this class.

Double Impact is 30 minutes of cycling followed by 30 minutes of TRX and core work combined. Train your heart and your entire body in one hour – fast and efficient!

HIIT It is a 30 minute high intensity interval cycling training class that will get you to your maximum calorie burn quickly and get you on with your day.

Ride 'N Rip is 30 minutes of cycle and 30 minutes of core/strength work. Get your pedals turning as your instructor takes you on a journey of hill climbs, sprints and flats. Then you will be guided through a power core routine, using resistance bands and weight plates as well as body weight exercises. You will feel the burn in all areas of your core – a great way to maximize your 60 minutes.

All classes are first come first serve. Please do not save bikes or equipment.