



## **AEROBICS CLASS DESCRIPTIONS**

### **TOTAL TONE**

A one-hour class beginning with light aerobic exercise. Class incorporates variety of equipment including hand-held weights, stability balls, chairs, and hula-hoops. The purpose of the class is to achieve total-body muscle toning.

### **STEP/TONE**

A one-hour class including the use of 4, 6 and 8-inch platforms for step exercises. The toning exercises include the use of a variety of weights, the stability ball and floor exercises. Class content may vary by instructor.

### **ANYTHING GOES**

A one-hour class that features a high-intensity workout that pushes you to your limit. Class content varies from class to class.

### **30/30**

Thirty minutes of HIT (High Intensity Training) and thirty minutes of Latin dance.

### **LADIES ULTIMATE TONE**

Come join us for 30 to 40 minutes of Ultimate Frisbee in a non-competitive environment followed by a variety of toning and strengthening activities. Great for stay-at-home moms as there will be a separate supervised children's activity room available for \$1/child (NO FOOD ALLOWED in the children's room and there will be NO DIAPERING)

### **ZUMBA/ZOOMERCIZE**

It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

### **MORNING MOVERS**

Melody Carr is leading a group of early birds in a 6:00 am aerobics class. If you like to get up and get on the move then this class is for you!

*Reservations are not required for aerobics classes at Kids America. If you need assistance finding space or equipment, please see a class instructor. "Make Yourself at Home" should be the motto for all attendees including newcomers to the class. Weights and mats in the aerobics area are available on a "first come first serve" basis.*