

# GROUP EXERCISE CLASS DESCRIPTIONS

All Group Exercise Classes are designed for everyone to enjoy, no matter your fitness level. Our Instructors will offer modifications to assist you getting the most out of any class. PAC features one of the strongest and most complete group exercise programs in the area. We bring professional training and passion to your fitness goals. These classes are complimentary with membership. View the list and description of our Group Exercise Classes below.

## STUDIO ONE

### *Ageless Agility*

45 minute moderate intensity workout that incorporates low impact cardio, strength, flexibility, and joint range of motion. A variety of equipment will be used each week

### *HIIT + Flow*

Broken into 3 segments, 1st active bodyweight warm up. 2nd strength training & HIIT circuits. 3rd yoga inspired, core focused cool down.

### *Pilates Sculpt*

A modern twist to a classic work out. Incorporates Pilates mat work along with the use of various equipment including weights, stability balls, bands, gliders and more, developing a strong inner core while sculpting long, lean muscles.

### *Body Pump*

Strength training class set to music using plate-loaded barbells.

### *Killer Core*

Define your abs and strengthen your back resulting in a healthier posture.

### *Pure Strength*

Full body workout designed for those wanting resistance training in a group setting. Improve muscular strength and definition using various equipment, body weight exercises and non-stop movement. Pure strength Express is a 30 minute version of this class.

### *Zumba*

Fuses hypnotic Latin rhythms & easy to follow moves to create a dynamic fitness program.

### *Cardio Party*

Is it considered working out if it's fun!? This fun whole-body workout is great for your heart, improves cognitive function, balance and coordination with easy-to-follow movements and music of all genres and decades.

### *Lift*

Targets all muscle + strengthens entire body in a fun, high-energy environment. Includes light to moderate weights with repetitive movements to get lean, tone and fit fast.

### *Red Zone*

One hour intense and challenging HIIT workout proven to burn calories while using weights, bands etc. Come ramp up your metabolism and ignite your energy and reach for the "RED ZONE."

## CIRCUIT STUDIO, GYM + PERFORMANCE CENTER

### *Free-Style Circuit*

A high energy class alternating strength & cardio to maximize the most efficient workout. Focus on fun, technique, core & improve your body's metabolism. Great for baby Boomers!

### *Row Power*

An hour of high intensity training using rowers weights, and cardio drills in the Performance Center. This class will challenge and push you to your limit. Fun and Fast paced.

### *YES (Young Energetic Seniors) Circuit*

Total body workout combines cardiovascular, strength and endurance in one class.

## AQUA

### *Aqua Fit*

Work cardio & strength with minimal impact on your joints. These in the water classes create a challenging and fun atmosphere. Shake up your routine, hit the water and enjoy the variety.

### *Deep Water Running*

Runners cross-train in the pool while minimizing injury risk. This challenging program combines tethered sprinting with interval training explosive plyometric drills complete this innovative, calorie burning class.

### *Saturday Splash*

Designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

## MIND + BODY STUDIO

### *All Levels Flow*

Energize your body & mind with an active flow incorporating core strength, stretching, & breathing in a dynamic moving sequence & end the class with a guided relaxation. Students are encouraged to move at their own pace as they become internally aware of the body, mind & breath working together.

### *Balance Training*

Get stronger & improve your balance through exercises that maintain strong leg muscles & prevent falls. Strengthen ankle, knee and hip joints and improve overall body awareness.

### *Functional Yoga*

All levels class focusing on anatomy & structural strengthening that will link movements to breath & improve natural functional movement. Work to refine the basics of yoga with emphasis on alignment, stability & development of core strength.

### *Gentle Yoga*

A calming, stress-relieving yoga class to stretch & strengthen the body gradually. Focus on the development of core strength, alignment, balance, postures & breathing techniques that gradually build flexibility & strength. Emphasis on building awareness of the breath and the body.

### *Slow Flow Restorative*

Class begins with a slow flow to warm the body, open the joints, and deepen the breath. Restorative poses with props are then integrated and held for 3 to 5 minutes. This is great preventative work for athletes who do intense training.

### *Pilates Sculpt*

A modern twist to a classic work out. This class incorporates Pilates mat work along with the use of various equipment including weights, stability balls, bands, gliders & more. Develop a strong inner core while sculpting long, lean muscles.

### *Power Flow/ Heated Power Flow*

Invigorating Vinyasa (flow) that will transform your body, mind & spirit. Holding poses for a longer time will empower you while improving strength & stamina significantly. In Heated Power Flow the room is heated from 85 to 90 degrees.

### *Renew Yoga & Meditation*

A gentle flow class focusing on the experience of being in your body & with your breath. Combines gentle & dynamic flow with longer holds to help alignment in our bodies & within ourselves. Class will end with a mindful meditation promoting inner peace, heightened attention, focus & calmness. For all levels.

### *Strength & Flow*

Emphasis on movement, balance & intention. Focuses on engaging core strength to support more advanced postures including inversion & arm balance which assist in detoxing the body & exhilarating the mind. The class is not recommended for beginner students.

### *Total Body Barre/Noon at the Barre*

Integrates both strength & endurance throughout your workout. Alternate between exercises that demand intense strength, energy & deep stretches, allowing your muscles to become longer & leaner utilizing the ballet bar and mat. Noon at the Barre is a 30 minute version.

## SPIN

### *HIIT Spin/ HIIT Spin 30*

Uses alternating intervals of high intensity speed work and resistance ladders in and out of the saddle. This cardio explosion with it's high energy music mix will boost your metabolism and torch calories while you enjoy ride. HIIT 30 is a 30 minute version of this class.

### *Pedal Party*

A high energy 45-minute spin class with upbeat rhythm based choreography. In sync with the playlist, you will experience intense bursts of work followed by short periods of recovery. This will challenge your physical limits and encourage you outside of your comfort zone.

### *Pure Spin*

Burn calories and build endurance in this fundamental classic spin class where all levels are welcome. Get your heart pumping while you pedal through hill climbs, sprints, and timed intervals. Each class will guide you through proper form, RPM ranges, resistance levels and heart rate parameters giving the tools you need to maximize your ride.

### *Pulse*

An indoor cycling rides to the rhythm of powerful music. Class is set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.

### *Spin Strength Intervals*

Cardio workout combined with resistance training to build strength. You will experience timed intervals alternating on and off the bike incorporating various resistance equipment, body weight and plyometric exercises. Spin shoes are not recommended for this class.