

# **Bartley Center Group Exercise Course Descriptions**

## **CARDIO CIRCUIT**

This class focuses on cardiovascular fitness and includes brief intervals of resistance training. Cardio modalities include spinning, low impact aerobics, step training, slide training, ladder runs, stairs, trampoline, hoola-hoops, and others. The circuit format produces a fast-paced class that is sure to make participants sweat and smile!

## **FITNESS FUSION**

A unique cardiovascular movement class that blends a bit of ballet, a pinch of Pilates and a dash of Yoga into a standing movement class. We'll be focusing on enhanced flexibility by increasing range of motion, while improving posture and alignment. The class will end with a stretching component. Modifications will be incorporated

## **STRENGTH CIRCUIT**

This class focuses on developing muscular strength and endurance while including brief intervals of cardiovascular fitness to make for an all-around workout. This class will vary from week to week and include tools such as therapy balls, medicine balls, TRX straps, ropes, tubes, bands, dumbbells, body bars as well as cardiovascular development equipment.

## **STRENGTH AND STRETCH**

This class is designed to improve, build, and enhance strength, flexibility, and concentration using yoga style and Pilates style techniques.

*First time participants should meet with the instructor a few minutes before class for a brief orientation. All classes are inclusive in nature. Our instructors are qualified to assist a variety of levels of fitness as well as to keep our participants interested by varying their routines. Classes are held in BC 202 unless otherwise noted. Any questions, call Mary Shelasky at 552 - 2161.*