

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

SPINNING FOR ALL LEVELS*

A 45-55 minute indoor cycling class for all levels. You will experience a ride to music that simulates an outdoor cycling experience, without the dogs or traffic! Please allow time before class for a brief orientation and after class for equipment clean up. Space is limited. The class will be held in the BC lobby. **Preregistration for each session and a \$5 fee is required to "hold your bike"**.

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.



**These classes carry an additional fee.*

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.