

Jim Dailey's Aerobic Class Descriptions

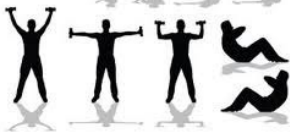


Abs & Buns- This variation of Body Sculpt targets solely the core and lower body muscle groups for a fantastic workout!

Beginner Body Sculpt- It's time to take it slow and build that foundation. This class will focus on breaking down each major muscle group one at a time with simple but effective exercises!



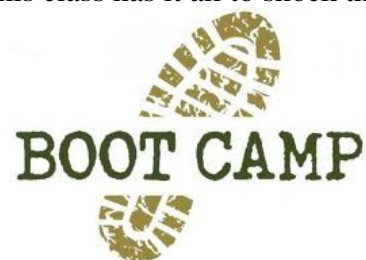
Body Clinic- Hit every muscle group as you burn calories zipping through exercises of all kinds in this one of a kind workout!



Body Conditioning- A total body, just for you, class that will ensure you get a great workout. This class provides exercises for the entire body utilizing any array of dumbbells, steps, and so much more.

Body Sculpt- Upper, lower, core! No matter what your speed is, this class has it all to shock that body in great shape and have fun doing.

Boot Camp- Are you ready for some hard work! This intermediate/advanced class brings challenging sections of cardiovascular, muscular, and agility drills in station format to ensure a complete total body workout experience!



C.R.T. (Cardio Resistance Training)- Need a class up to your speed! This class offers periods of high intensity advanced exercises combined with periods of rest or lower intensity moderate exercises while always. A great class to keep your metabolism up!

Extreme Turbo- Time to step it up in this advanced variation of Turbo Kick with high flying plyos and body torturing moves for your leanest body toning workout yet.

Hardcore Abs- Ready for a sore stomach! This class brings back fun and pain to those boring, overused sit-up routines to rip up that core!

Hip-Hop Combo- An innovative way to learn the latest hip hop moves to the latest hip hop songs, while at the same time sculpting and toning that body!

Hooping & Step/Combo- Hooping! That's right, we are adding a whole other dimension to this variation of Step & Weight/Combo. See if your obliques can handle this challenge for a fun and freshly new approach to fitness!

Intermediate Yoga- This variation of Yoga is designed to take it to another next level of focus and awareness!

Pilates Fusion- This is not your typical Pilates class, but a complete approach to developing total body awareness. Our class will focus mostly on the core (abdominals and lower back), and will also engage the upper and lower body as well as balance and flexibility.

Seniorcise Aerobics- Let's stay active and young at heart with some fun light-footed moves ensured to give you a great cardio experience while loving to do it! All moves are designed to be low impact and easy to follow

Seniorcise Weights- We want you to move from your chair to our chairs for a perfect blend of joint and bone healthy and safe exercises enjoying good company around you at the same time!



Seniorcise Stretch/Tone- A perfect addition to the Seniorcise program to work on that flexibility we all truly need through light stretching and active movement!

Step Aerobics- Utilizing an adjustable step, these classes bring your cardiovascular workout up to new levels using a fun and unique multitude of step variations!

Step & Weight/Combo- This high-energy interval training class alternates from step choreography with specific muscle conditioning to a great total body workout!



Turbo Kick- Try these fast paced cardio kickboxing and body-sculpting dance moves choreographed to the latest music mixes and have a blast doing it for a great full body workout!

Yoga- Come and feel this rejuvenating experience provided with traditional Hatha Yoga. Sequenced through calm warm-ups to challenging cool downs providing excellent flexibility and toning benefits!

Zumba- A Latin inspired, dance fitness class that incorporates Latin and international music and dance movements to create a dynamic and exhilarating workout with a blended balance of cardio and muscle-toning benefits.

