

Midtown's Aerobics Class Descriptions



All Cardio

Great way to burn fat and calories while conditioning your cardiovascular system. Instructor decides class format which may include use of BOSU, STEP platforms, jump ropes, or kickbox & hi-lo routines. All levels welcome!!

Aqua

Experience a total body workout in the water that's gentle on joints. A great non-impact workout with 25 minutes of cardio & 15 minutes of toning. A definite plus for everyone!

Body Blast

Take yourself to the limits with the ultimate challenge of intense cardio & resistance training; 4 minutes of resistance upper & lower body training to 2 minutes of intense cardio.

Body Shaping

Consisting of steps, resistance bands, & weights to strengthen/ tone the entire body.

Cardio Pump

60 minute class involving the BOSU/STEP platform with strengthening intervals.

Cardio Bootcamp

Increase your strength and endurance with a variety of cardio segments that keep your workouts fresh, result driven & performance wise. Workouts may include dumbbells, BOSU, stability balls, elastic bands & more! Simple footwork, all levels encouraged, intensity modifications provided from beginner to elite.

InstChoice

A class that the scheduled instructor chooses class format & type he/she will lead.

CORE

Maximize your abdominal & back muscles through basic & challenging exercises to strengthen and tone. Use of BOSU balance trainer, STEP platform & weights may be included into this class.

Interval Training

Includes drills that increase endurance & power, cardiovascular conditioning, agility, balance & flexibility. Cardiovascular drills will be alternated with resistance work.

Jump'n Jab

An intense total body workout! Routines will focus on proper kickbox and boxing techniques. Come learn how to pump, block and kick while strengthening your whole body!

Pump it UP

Tone, sculpt & strengthen your entire body with resistance training. Improve your muscular strength using body bars, dumbbells, bands & other equipment with minimal rest periods between exercises.

R.P.M.

Come take a ride on our indoor bicycles. Instructor will lead you through a workout that will lead your fitness level to it's' peak. Bikes are limited; reserve your bike at the front bikes 30 minutes prior to class.

Silver Sneakers® 45 minutes

Move through a variety of exercises designed to increase muscular strength, range of movement, and coordination. Class is easy on joints & ideal for all fitness levels. Hand-held weights, elastic tubing, & a ball are offered for resistance. A chair is used for standing and standing support.

STEP

Combinations on & off the platform with advanced choreography & Power Options demonstrations. Appropriate for any fitness levels!

Yoga

Compliments the components of fitness we tend to neglect. Yoga won't only improve your flexibility, but will give you strength & balance for a strong lean body. Classes are designed appropriate for all levels of fitness.

Power Yoga

Next level of Yoga with more advanced stretching & strengthening positions along with continuous movement!

Stretch Yoga 45 Minutes

Enjoy pure relaxation as you focus on increasing your range of motion. Class is appropriate for all levels & focuses on the stretching component of yoga. Begin your yoga journey with this class!

Step'n Pump 45 Minutes

Class involves use of the STEP and/or BOSU with intervals of basic weight training exercises. All fitness levels welcome!!

Aerobics Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00 InstChoice		6:00 R.P.M.	6:00 Jump'n Jab	
		8:00 Silver Sneakers®		8:00 Silver Sneakers®		8:00 Step
	9:00 Body Blast	9:00 R.P.M	9:00 CORE	9:00 R.P.M.	9:00 Cardio Pump	8:45 Pump it UP
	9:15 Aqua	9:15 Aqua	9:15 Aqua	9:15 Aqua	9:15 Aqua	9:00 R.P.M. 1hr.
	10:00 Yoga		10:00 Yoga 10:00 R.P.M.	10:00 Yoga	10:00 Yoga	9:30 All Cardio
			11:15 Silver Sneakers®			
	12:15 R.P.M.	12:15 Body Shaping	12:15 Step'n Pump	12:15 Body Shaping	11:15 R.P.M.	10:15 Yoga
	3:45 Interval Training	3:45 Step	3:45 R.P.M.		12:15 CORE	
	4:30 Pump it UP	4:30 Power Yoga	4:30 CORE	4:30 Pump it UP		
	5:15 Jump'n Jab	5:15 All Cardio	5:15 Cardio Bootcamp	5:15 Interval Training		
	5:30 Aqua	5:30 R.P.M. 1hr.	5:30 Aqua	5:30 R.P.M. 45 min.		
		6:00 CORE				
	6:30 Yoga		6:30 Yoga	6:30 Stretch Yoga		