

Balance Basics (AS)

A 45-minute class of low-intensity strength training, low-impact/low-intensity aerobic, and total body flexibility training intended to improve body composition in addition to improving balance and coordination. For all fitness levels seeking a low-intensity, low-impact total body conditioning workout.

Body Flex (AS)

A 45-minute stretch class intended to improve flexibility, athletic performance and injury prevention. Great for any age and fitness level.

Body Sculpt (AS or GF)

60 minutes of progressive group strength training using adjustable weights, barbells, dumbbells, bands/tubes, stability/medicine balls for total body shaping and strengthening to increase metabolism, muscle tone, muscle strength and endurance, and to help decrease body fat. **The Tuesday & Thursday 6PM class meets on the gym floor (GF) and the Tuesday & Thursday 9AM class meets in the 2nd floor aerobics studio (AS).* For all fitness levels.

Cardio Hip Hop (AS)

This 50-minute exciting, fun-filled class will test your endurance with the latest choreographed dance moves. For all fitness levels.

Cardio Salsa (AS)

A 60-minute fun-filled aerobic conditioning class featuring Latin style dance movements. Partners are recommended but not required. For all fitness levels.

CardioTone Fusion (AS)

A 60-minute circuit training class incorporating cardio movements such as floor aerobics, step, kickbox with total body toning using dumbbells, tubes, stability balls, medicine balls, and your own body weight. For all fitness level.

Core Fit (AS)

Progressive 15-minute abdominal and low back conditioning. For all fitness levels.

Core Fit Plus (AS)

Progressive 30-minute abdominal and low back conditioning. For all fitness levels.

Mat Works (AS)

A 30-minute workout combining stretching, pilates, and yoga exercises. For all fitness levels.

Pilates (MP or EC)

A 45-minute class of body conditioning encompassing balance through core strengthening, proper postural alignment and overall muscle function. **The Monday & Wednesday 9AM class meets in the 2nd floor aerobics studio (AS) and the Tuesday & Thursday 5:30PM class meets in the 1st floor education classroom (EC).* For all fitness levels.

Power Yoga (EC)

A 60-minute class: Power Yoga is yoga of discipline and endurance designed to build flexibility, strength, and an inner freedom beyond compare. It also produces intense internal heat and a purifying sweat that detoxifies muscles and organs, resulting in improved circulation, a light, strong body, and a calm mind. For all fitness levels. The instructor demonstrates beginner, intermediate, and advanced movements.

Due to space limitations, the instructor only accepts the 1st 20 participants to arrive to the class. Classes meet in the 1st floor education classroom (EC).

RAGE! (AS)

Based on workouts from the popular Insanity or P90X DVDs, this 60-minute workout will push you to your limits and beyond with plyometric drills, nonstop intervals of strength and power exercises, and intense core training. Regular attendance is recommended since the program goes through weekly, advancing stages of exercise. For moderate to high fitness levels.

SPINNING

Moderate to high intensity, non-impact, group cardiovascular workout performed on a stationary Spinner™ bike that simulates an outdoor ride through hills and valleys. Remember: This is your workout! Spinning™ classes are 45 minutes in duration and cover all types of terrain. Advance reservations are recommended to reserve a bike and can be personally made in the Spinning registration binder located by the 2nd floor aerobics studio.

For all fitness levels, however, beginners need to arrive 15 minutes before class to learn proper bike set-up, technique and commands.

Super Step (AS)

A 60-minute class of non-stop, advanced step, double step and hi-lo aerobics to high-energy music designed to increase cardiovascular endurance. For moderate to high fitness levels and those accustomed to step movements.

Strength & Stretch (AS)

30 minutes of total body strength training followed by 30 minutes of pilates and stretch exercises. For all fitness levels.

Total Body Circuit (AS)

A 75-minute circuit training class incorporating cardio movements such as floor aerobics, step, kickbox, and plyometrics with total body toning using dumbbells, tubes, stability balls, medicine balls, and your own body weight. For all fitness level.

ZUMBA class that combines Latin and international music with dynamic, yet simple exercise moves to effectively burn calories, tone all muscle groups, and improve the cardiovascular system. Partners are not needed. For all fitness levels.

(AS) = 2nd floor Aerobics Studio

(MP) = 2nd floor Multi-Purpose Room

(GF) Gym Floor = 2nd floor Basketball Court

(EC) = 1st floor Education Classroom

Group Fitness Class Policies and Procedures

- Aerobic classes measure intensity through ratings of perceived exertion and the talk test. If you desire to check your heart rate, the instructor will be glad to assist you.
- Regardless of class intensity, instructors will demonstrate modified/lower intensity moves in each class.
- All classes must have 3 or more people to begin the class.
- Children must be at least 13 years of age and have direct parental supervision inside the room to participate in any group fitness class.
- Children 12 and younger are not allowed in the room while the class is being taught. Instead, they can be cared for in the childwatch center or can participate in our EnerGym Program or ExerGame Zone (see the front desk for details).
- The group fitness schedule is updated every 6-8 weeks (see group fitness schedule for specified dates). All classes are subject to change based on class participation and instructor availability. All classes that do not average a minimum of 6 participants over the scheduled 6-8 week period will be cancelled for the upcoming schedule.
- Arrive to class in enough time to set up any equipment and be prepared when class begins.
- Stay for the duration of the class. Warm-up and cool-down are an important component of any class.
- Inform your class instructor of any special medical conditions or injuries.
- Please wear appropriate clothing and tennis shoes. Turn off or silence your cell phone during class.
- Please wait until the previous class has exited the room before entering for the next class.
- Spinning class policies/procedures and reservation book are located outside of the spinning room.
- If you have any questions or comments, please contact Fitness Director Patrick Conn @ 601-925-7914 or at pconn@mbhs.org