

GOOSE CREEK COMMUNITY CENTER

FITNESS CLASS DESCRIPTIONS

- **ABC'S** — ABDOMINALS, BARRE, CHISEL (weights), and STRETCH
- **BALL FIT** — All participants must bring their own stability ball to this class. You will get a total body work out using the ball and free weights.
- **BARRE** — Barre fitness-originated from dance/ballet. Targets and tones muscles. Instead of using bars a chair can be used.
- **BOOT CAMP** — Indoor energetic fitness class that mixes traditional calisthenics and body weight exercises with interval training and strength training. Class is designed in a way that pushes participant harder than they push themselves.
- **CARDIO WEIGHT TRAINING** — This interval class combines weight-conditioning segments with bench stepping for a complete workout. Also known as **CARDIO SCULPT**
- **CHISEL**—Shape and tone the muscles by using weights and exercises like squats, presses, lifts, and curls. Intense class that strengthens the entire body.
- **CONDITION/STENGTH** — *A TOTAL BODY* conditioning class designed to target individual muscle groups. Hand weight are used to increase the effectiveness and intensity of the workout. This class improves muscular strength and creates muscle definition. Workouts include floor work, abdominal exercises, and plenty of stretching .
- **EASY DOES IT** — This **NON-IMPACT AEROBICS** class fuses dance movements with an invigorating cardiovascular fitness workout. Workouts include hi-lo aerobics and some moderate stepping using the step bench. Each class ends with abs, and a cool down.
- **GUT & BUTT** — If you are looking for a new way to work your abs, here is a huge selection of abdominal strengthening and toning exercises you may not have tried. Planks, lunges, squats, and floor exercises to tone glutes. (BUTT)
- **INTERVAL** – This is a total workout. Designed to get your heart rate up, burn fat, create muscle definition all at the same time, while doing several different types of exercises. Body bars, hand weights, and step bench used in this class.
- **PIYO** — Fun challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance, and get a great stretch.
- **SPIN/INDOOR CYCLING** — Vigorous workouts using an exercise bike. Great way to burn fat and stay in shape. 45 minute class - for all fitness levels. Full body workout —not just legs.
- **STEP & SCULPT** — Burn fat, rev your metabolism and sculpt your entire body in this class which utilizes free weights and a step bench, plus heart pumping multi-muscle exercises, to achieve workout results.
- **STRENGTH TRAINING & TOTAL BODY** — This invigorating class improves muscular strength and creates muscle definition. Workouts include use of hand weights, body bars, lots of lunges and squats. Finishing with abs and stretching.
- **SUPER STEP** — A high intensity workout using lots of choreographed moves on a step bench.
- **WERQ** — Fierce, *FUN* dance fitness class based on rock, pop, and hip hop music. High energy dance class.
- **YOGA** — Level 1 Basic TO intermediate class. Focus on gentle poses with coordinated breathing. Enhances flexibility and strength.
- **ZUMBA** — Latin rhythms with cardiovascular exercises to create an aerobic dance routine that is easy and fun to follow.