


Rollingwood Group Fitness Class Descriptions

ChildCare: 8:30am-noon;
3:30-7:30pm
Junior Lounge: 4:30-7:00pm

Group Exercise Classes

Class Name	Category	Class Level	Description
ReVive	Cardio/Strength	Active Adults	Integrates blocks of low impact aerobics, resistance & balance training & stretch & mobility.
 BODYPUMP <small>LEE MILLS BODY TRAINING SYSTEMS</small>	Strength	All Levels	Group strength and endurance training class using barbells. Adjustable for all levels. BODYPUMP is powerful, simple, effective & the fastest way in the Universe to get in shape!
Circuit Break	Strength	All Levels	Strength training class using different stations throughout the fitness center. Basic equipment knowledge needed.
Perfect Balance	Strength	Active Adults	Overall strength, flexibility and balance workout designed specifically for prevention of falls
20/20/20	Cardio/Balance/Flex	Active Adults	20 minutes Cardio/20minutes Balance & Strength/20minutes Stretch
Pilates Mat	Mind/Body/Strength	All Levels	Multi-level class focusing on alignment, correct posture and core strength to develop a lean, toned, defined body shape.
FitWalk	Cardio	All Levels	Instructor led self-paced fitness walking class out on the beautiful bike trail. Meet at the bench out front.
CORE Power/Strength	Strength/Core	All Levels	Core Power focuses on core strength and functional strength using a variety of equipment along with Plates & Yoga. Core Power & Strength includes strength training.
Spin	Cardio	All Levels	1 hour challenging and energetic workout using stationary cycles. Features great music, varying intensity intervals with sprints, hill climbs, and recovery periods.
Step Mix	Cardio/Strength	All Levels	Combination step & core conditioning workout featuring intervals of cardio and lower body power & strength segments.
Tai Chi	Mind/Body	All Levels	Ancient martial art conditioning class focusing on concentration, coordination, relaxation, balance, and flexibility.
POWER YOGA	Mind/Body	Higher Intensity	Flowing, always moving challenging yoga postures with an emphasis on upper & lower body strength, core strength & the breath.
Yoga	Mind/Body	All Levels	Carefully defined standing and floor yoga poses with strong emphasis on breathing, calming the mind, flexibility, and stamina.
Chair Yoga	Mind/Body	Active Adults	Easy Yoga postures all done sitting on & standing by a chair. Focus on flexibility & well being.
Turbo Kick	Cardio	All Levels	Athletic, fast-paced & FUN cardio kickbox & core conditioning class includes bursts of higher intensity that will kick you into high gear!
Joints In Motion	Cardio/Strength	Low Intensity/Arthritis	Sit & be fit chair & standing cardio, strength & stretch. Based on Arthritis Foundation protocol.
ZUMBA	Cardio	All Levels	Cardio dance with fast & slow rhythms with a Latin flavor & resistance training are blended to tone & sculpt while burning fat. FUN & EASY to do!
Teen Spin & Pilates	Cardio/Core	Ages 12-14	30 minutes Pilates core conditioning will improve every kid's concentration, posture, ab & back strength & flexibility followed by 30 minutes of spin will keep hearts healthy.
	Mind/Body Fitness	All Levels	BODYFLOW is the Yoga. Tai Chi, Pilates workout that builds flexibility & strength & leaves you feeling centered & calm