

GFD Sport Class Descriptions

Beginning:

Basic Lo: Warm up followed by Low Impact aerobics with simple choreographed moves to get your heart rate up into the aerobic zone. The 30 min. aerobic segment is followed by weight work for the upper body and core work using your own body weight. Participants are encouraged to use plenty of weight for strength benefit with low # (8-12) of repetitions. Finishes with a thorough stretch and relaxation.

Walk Fit: The class is a 60 minute outdoor low impact, low intensity, full-body fitness class offered on Tuesdays and Thursdays 7:30-8:30 am. Jeffrey Roy and Debbie North teach this class and use resistance bands, playground equipment, fields, and other props as available to add balance and strength elements to the walking program.

Therapeutic Yoga: The focus in therapeutic yoga is to move with breath and awareness while coordinating balance, alignment and symmetry. The intent is to use every muscle in the body with relaxed awareness. We relax and access muscles from the bottom to the top of the body as we complete each asana (exercise). All levels of fitness are welcome.

All Levels:

Strong Fit: This class combines strength, cardiovascular, and core training in a fun environment that is open to people of all skill levels. Dumbbells, resistance bands, steps, and mats are just some of the equipment that will be used in this class to propel you on your fitness journey. High intensity intervals are used to boost the metabolism and modifications are provided to accommodate deficiencies.

Step Techniques: Warm up followed by an intermediate to advanced choreographed Step aerobics class where the moves are broken down and explained as the combinations build. Aerobic segment is followed by weight work for the upper body and core work using your own body weight. Participants are encouraged to use plenty of weight for strength benefit with low # (8-12) of repetitions. Finishes with a thorough stretch and relaxation.

Step and Tone: Step and Tone is a cardio class with choreographed movement on the Reebok Step. A routine is taught to the class and performed for 40 minutes of cardiovascular work, followed by strength work for core and upper body and a 5 minute cool down. Instruction for posture, breath awareness and alignment included. Beginners welcome.

BodySculpt: Warm up followed by weight and resistance-band work for the upper body and legs, and core work using your own body weight, sometimes on a large stability ball.

Participants are encouraged to use plenty of weight for strength benefit with low # (8-12) of repetitions. Finishes with a thorough stretch and relaxation.

Hatha Yoga: This class will teach the practitioner to build skills into flowing sequences with a focus on combining breath with movement. Students will learn to refine postures and move beyond the limitations of the body and mind.

Kundalini Yoga: "Kundalini" is the creative energy potential of the human. Often called- The Yoga of Awareness - this yoga includes: Breathing techniques, Kriyas (sets of sequential exercises with specific benefits), mudras (hand gestures), Mantras (sounds chanted), Relaxation and Meditations explored in combinations to enhance circulation, glandular balance, nervous system health & well-being. Please arrive with empty belly for optimum experience.

Zumba (Girlie): I am teaching both fitness cardio, strength and toning. It is mixed songs both Latin and English. A little bit of everything with salsa, cumbia, hip hop, cha-cha and many more. It is 45-50 minutes of dancing and 15 minutes strengthening, toning, leg and ab workout and a beautiful stretching at the end of the class.

Pilates: Pilates is a Mind/Body mat class based on the work of Joseph Pilates. The focus is the Core, emphasizing strength and balance work for abdominals, hips and thighs. Upper body strength work with the use of dumbbells for 10 minutes is included. Modifications and progressions of each exercise are demonstrated. Beginners welcome. Must be able to get down onto floor unassisted.

Pilates Express: Don't let the short time fool you...this class will challenge your core and more! Pilates strives to create a strong, flexible, and balanced body. Exercises focus on precise movements that emanate from core strength. Proper form and core engagement are stressed during each exercise. Modifications are given to accommodate all levels.

Strength Cycling: A fun and fast hour of cardio, hills, endurance, sprints and time trials plus a short set of high repetition/low weight strength work on the bike. This class is about good music, great vibes, and working out in a community of like-minded folks. The workout can be easily adjusted for all fitness levels so come join us!

Aikido Class: Aikido is a martial art that consists of techniques involving entering and turning movements that redirect an attacker's momentum in such a way that the conflict is resolved with neither person sustaining injury. While it's preferable that attendees wear a martial arts gi (uniform), it's perfectly fine for people to wear any comfortable clothing, such as a t-shirt and sweat pants. The teacher, Dan Messisco Sensei, has been practicing Aikido for 50 years and holds a 6th degree black belt. The class is **FREE** for Get Fit Sport members and \$15 for non-member drop-ins. Class is on Tuesdays at 7pm in the matted room and Geoff Yudien is also an instructor for the class. Contact Geoff at gyudien@yahoo.com for any questions.

