

# Omni Health & Fitness

## Group Fitness Schedule Class Description

**FIT AFTER FIFTY:** Designed for those who want to improve their overall level of fitness. Participants will receive guidance to establish individual goals, develop a plan to achieve them, and practice group and individual fitness activities. **“Turn back the clock!!”**

**STREEETCH:** Designed to lengthen your muscles, enhance postural alignment, and strengthen your core. This class is a MUST for every person who exercises! **“Create a better body!”**

**Cardio Power & Strength:** Cardio drills in many different formats, muscular endurance followed by abs. **“3 in 1 workout!!”**

**BODYPUMP:** The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! **“The fastest way to get into shape!”**

**ZUMBA:** Zumba combines high energy and motivating music with unique moves and combinations that allow Zumba participants to have fun while toning their bodies and losing weight. **“Dance away your stress and unwanted pounds!”**

**CRUNCH:** An intense twenty-minute abdominal class which will strengthen your mid-section and back muscles. **“Input equals output.....prepare to CRUNCH!”**

**Athletic Conditioning:** Serious cardio conditioning without all of the “dancey” moves. A perfect class for anyone who wants a varied, energetic workout. **“A playground for every adult!”**

**SPIN:** Burn LOTS of calories while toning and strengthening your lower body. **“Pedal your way through a great cardiovascular workout!”**

**SPEED SPIN:** A thirty-minute, high intensity cycling drill which will challenge every muscle fiber of your legs. **“This class is illegal!!”**

**Kickboxing:** Kick and punch your way through this total body workout! **“Defend yourself!”**

**Yoga:** Designed to bring the spirit, mind, and body into perfect alignment and function. Your body will strengthen as you enhance self-control, self-esteem, and self-awareness! **“Total body workout!”**

**Pilates:** It’s all about strengthening and lengthening, focusing on spinal alignment, stretching, and balancing. **“EXCELLENT abdominal workout!”**

**Step & Sculpt:** Using free weights, basic step aerobics and hi/lo impact, get a totally fun, total body workout. **“Stepping” it up a notch!!!”**

**CardioSculpt:** Combines cardio & sculpt exercises into one hour of pure energy and power! Thirty minutes will be used for each fitness modalities. **“Obtain the BEST of both worlds!”**

**Please Note:** We arduously strive to accommodate your fitness needs through our group fitness class schedule! Due to population diversity, we find it difficult to please every member all of the time. Our classes are monitored and we reserve the right to cancel classes due to low member attendance. Scheduled instructors are subject to change without notice to members. We do our VERY BEST to cover classes when instructor substitutions are needed and we thank you in advance for your patience and understanding. When unfortunate situations arise (illnesses, emergencies, weather conditions, etc.) and we must cancel a class!