

NAC - Newtown Athletic Club

GROUP EXERCISE

CLASS DESCRIPTIONS

Aerobics/ & Kickboxing

Bootcamp – (60 min) – if you don't like to dance, mambo or just want to do something not complicated but fun, this is the class for you. Constant movement with and without weighted exercises is what you will be doing in addition to those exercises that you so fondly remember from gym class. Come prepared to sweat!

Box-n-Bags- (60 min) – this cardio kickboxing class uses jabs, kicks, punches and active AKB routines with and without the bags. No prior experience necessary.

Cardio Crosstrain –(45-75 min)- exercise science has shown that too much of one thing is not good. This class is designed to get you aerobically challenged by utilizing a variety of heart stumping modes of activity – step, kickbox, hi/lo, BOSU and plyometrics interspersed with resistance training. No experience necessary.

CardioDance – (60 min) Do you remember the jerk? No, it's not the person you used to date. Come Pony, Monkey, Swim, Cha cha, Salsa & Swing your way to cardio fitness.

Cardio Pump – (60 min.) The best of both worlds are offered in this challenging interval class. High intensity anaerobic training segments alternating with heavy weighted muscle training using the plated bar, tubing and heavy dumb bells for one hour will offer you a total body workout. No previous experience necessary.

Circuit Training- (60 min) – This is an interval class consisting of stations within the studio that will challenge you with both aerobically and muscularly. No experience necessary.

Forever Fit Low Impact&Tone – Mambo, cha cha, grapevine to your favorite classics. This class gives you 20-25 minutes of lite, lo impact aerobics followed by 20 minutes of toning using light weights and tubes.

H.I.T. – (60 min)High Intensity Training. A fast paced aerobic class that incorporates sports conditioning, kickboxing, balance training, muscle sculpting, abdominal work and stretching at the end. Never boring and always different.

Muscles in Motion – (60 min) – This class will challenge all fitness enthusiasts, from the new to not-so-new, as you continuously move either on the floor, the step and/or the BOSU while at the same time toning your upper body with various types of resistance equipment.

Superfit X-Training – (60 min) – Need to jump start your workout? Cross training is the perfect way to challenge your body and get results. Combines a variety of different exercises each week, including AKB, sports moves, slide, step and strength. These exercises are taught in an interval format so that you use many different muscle groups and energy systems in one class.

Zumba – (50 -60 min) – A fusion of Latin and International dance themes that create a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. No experience needed.

SPINNING

Intro to Spin - (15 min) - If you have not tried the hottest workout in town, this class will teach you how to set up the bike, proper form, bike usage and the proper way to ride. This class is recommended for first time spinners that would like to advance to our other spin classes.

Spin/SpinX – (45/60 min) – Experience the journey! A super cardio and muscle workout that combines cadence and resistance on a stationary bike while using energizing music and performance visualization. Energy is peaked by Instructor and group motivation.

STEP

Basic Step –(60 min) – This is the class for you if you want to learn step for the first time or just want to brush up on your step skills. Come prepared to learn all the basic moves and terminology to help you become a successful “stepper”. No prior experience necessary.

Forever Fit Step&Tone – (45 min) – An easy to follow lite step class accompanied by swing, big band, Broadway, and other retro melodies. 25-30 minutes of cardio followed by 5-10 minutes of toning and stretching. A fun and functional workout.

Step Tracks- (60 min) – OK, so you prefer to do the same choreography every class? This is the class for you. This class has the same exact choreography for 2 months and then changes to a new routine so that you do not have to learn new choreography every week.. A high intensity, fast paced workout that includes power, agility and abdominal training with a stretch at the end. No prior step experience necessary.

Step – (45-60 min) – a fun and popular intermediate step workout using more challenging choreography than our basic step to take you to the next level.

StepX – (45/60 min) – “X” as in extra time and/or intensity! This class gives you a more challenging, extended step workout utilizing intermediate to advanced moves. Each class is followed by a 15 minute awesome abs.

PILATES

Mat, Apparatus, Reformer – Posture, Integration, lengthen, alignment, Torso stabilization, Energize, Strengthen. These classes, which are based on the work of the late Joseph H. Pilates, are the latest craze in the industry because they really do work on all of these variables.

Please note “Beginning Pilates”, or level 1/2, is a requirement for the first-timers. Beginner, Intermediate, and Advanced classes are offered – levels of proficiency are required to attend Intermediate and Advanced levels and will be determined by staff.

MARTIAL ARTS

Aikido – (90 min) – A unique style of Martial Arts, which includes pressure holds and throws to aid the participant with personal self-defense measures.

TAI CHI–(90 min) This form of exercise and relaxation brings the body into harmony, both mentally and physically. Tai Chi involves a series of poses that are held for a few seconds that benefit one's flexibility, posture and balance as well as reduces stress. Suitable for all ages and abilities.

MUSCLE CONDITIONING

Awesome Abs – (15 min) – Take this class and you'll have them as well as a healthy low back and support system. No warm-up necessary.

Core Fusion – (60 min) A total body strength training workout designed to improve strength, balance, posture and flexibility with emphasis on core control through the full range of motion for each exercise pattern. Balls, glides, weights and tubes are just a few things used in the overall conditioning class.

Core/Stretch – (30 min) This half hour class will incorporate pilates into your abdominal workout and will be followed by a full body stretch

DMC – (60 –75 min) - Work every muscle to its max with Deep Muscle Conditioning taught by certified personal trainers. This class is geared to the experienced weight lifter but beginners are accommodated. Uses moderate to heavy free weights, body bars, tubes, adjustable barbells, leg weights, fitballs and whatever else we can think off!

FF BodyTone – (45 min) – This class, which is geared towards mature adults, focuses on functional strength, balance, and flexibility – all of

which are essential for staying active, injury-free, and healthy. This is a great workout that helps prevent osteoporosis, too.

(Muscle Conditioning Con't)

Functional Resistance- (45 min) This class is designed to help you build muscular strength and endurance specifically geared towards your daily activities, such as bending, lifting, pulling, pushing, twisting, sitting and much more. No experience necessary.

Sculpt-n-Tone – (45-60 min) – You will use various resistance training tools such as free weights, body bars, tubing and steps, to sculpt and strengthen your muscles from head to toe. This class is similar to DMC but focuses more on light to moderate weights with increased reps. All levels welcome, no experience necessary.

YOGA

ALIGN AND FLOW – (90 min) Ever find yourself left behind in a yoga class? Pausing to check and adjust postural alignment increases confidence, security, and safety for yoga students of all levels. Come prepared to fine tune the practice of asana through an increased awareness of body mechanics

Ashtanga Yoga – (90 min) – A non-stop class for those interested in developing strength and flexibility. This high energy/high heat workout gets results fast! Previous Power Yoga experience is recommended.

FAMILY YOGA-(60 min) Ages 6 and up with their special adult are encouraged to have fun together in a non-competitive environment. Yoga will improve your child's attention span and the ability to focus. They will be taught proper breathing and body awareness as well as ways to explore yoga poses in a creative manner, including partner poses. Classes end with a short meditation and massage. Offered in 8-week sessions during the fall/winter schedules. Registration is required at the program desk.

Gentle Yoga – (75 min) The ancient and graceful exercise of yoga will be practiced in this wellness class, with poses modified and adapted for all abilities. The class combines yoga postures, breathing and relaxation techniques for strength, endurance, balance and flexibility. First time participants are encouraged to attend the Intro to Yoga on Monday at 11:15 am. Especially suited for seniors and beginners

Hatha Yoga – (60/75 min) A good class to start yoga. Classes are slower paced and emphasis is placed on doing each Asana correctly. Yoga breathing is explained. Your flexibility and knowledge of yoga will increase and your stress levels will start to decrease.

MEDITATION- (30 min) This class will teach you how to meditate by relaxing the mind/body in a profound way that you will be able to reverse the aging process, sharpen the mind and maintain optimal health. Our meditation includes visualization, breathing techniques, and Hands on Healing using Reiki.

Power Yoga – (75/120 min) As practiced at the NAC, it consists of a series of yoga poses taken from the first and second series of Ashtanga, Hatha and standing balance poses. It is a challenging yoga practice from which you will develop muscle tone, flexibility and mental awareness. Power and Ashtanga are weight bearing and will build bone density.

Stress Reduction – (60 min) – Relax, unwind and take your mind to another level. This mind body class incorporates breathing techniques, visualization, postures, reiki and stretching. Experience inner peace and find your calm, no matter how hectic your lifestyle is. Stay for the Meditation part or just destress for the half hour.

Vinyasa Yoga –(90 min) Vinyasa Yoga is the uniting of breath and movement into one vigorous, flowing, asana practice. In this class, meditation, mantras and emphasis on alignment are interwoven to create a complete yoga experience. Students are encouraged to take a few Hatha Classes first or have a basic understanding of yoga.

YOGALATES – (90 min) Combines the best of both systems. Experience the core strengthening of Pilates and the increased flexibility, strength, balance and relaxation through the ancient practice of Yoga. Tones the body and calms the mind.

AQUA CLASSES

Absolutely Core –(45 min) – This core training workout will use half foam rollers for instability causing your abdominal muscles to stay engaged as you work other muscle groups using the versatile dynaband for added resistance. All fitness levels are encouraged to come on in.

Arthritis/hydrotherapy – (60 min) – Recreational warm water activity sessions, focusing on range of motion, muscle endurance, and flexibility exercises. Excellent for anyone needing joint/muscle therapy.

Aqua Medley – (45 min) – A moderate intensity aerobic workout that incorporates low impact moves to take your heart rate higher while moving against the water.

Hi/Lo H2O – (60 min) – Make it high and hot or low and cool! Combination of hi and lo aqua aerobics.

HydroMania – (60 min) This is a higher intensity, low impact class that combines different kinds of water resistance tools and moves to help you achieve an incredible workout.

Master Swim – (60 min) – Stroke and kick – better, stronger, faster. 3 lanes are reserved for organized swimming with motivational coaching.

Noodles-n-More –(45 min) – That's using your noodle! This styrofoam float is used for muscular resistance and suspension to aid you in stabilizing the core muscles while working your cardiovascular system. All levels are welcome to join in on the fun.

SeaSculpt – (30 min) – All gain with no pain. Water & equipment resistance provides an excellent toning & strength workout.

Water Warrior – (45 min)-A low impact class with moderate intensity, to keep you moving in the water.

Water Circuit – (60 min) – Same as above but not quite the high intensity.

Water Pilates- (60 min) – Experience this state-of-the-art Pilates Cross Training Program. Combines the buoyant, cooling and "joint easy" benefits of aquatic fitness with the principles and movements of Pilates for an incredibly effective, safe and enjoyable workout.

Intro Classes – (60 min) – So you don't know how to step, Zumba or box but really want to – well, here's your chance. The NAC offers a specific introductory class on the first and third Saturday of every month at 10:30. Watch the announcements on the bulletin board and the web to learn what we be offering each month.

NOTATIONS:

- * All levels welcome in all classes, unless designated.
- * Members are encouraged to consult with the Director regarding appropriate classes, exercises, and their program in general.
- * Please stamp in @ front desk for all classes marked with an *, up to 30 minutes prior to class time to reserve your spot.
- * Please – no heavy perfumes applied before class.
- * Warm-ups and cool downs provided in all classes.
- * Please keep studio floors clear from gym bags, coats, etc.
- *Comments and suggestions are greatly appreciated!

For more information, please contact Ellen Hill at 215-968-0600, Extention 129.

These descriptions are also on the NAC website at www.newtownathletic.com
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