

Group Exercise Class Descriptions

- Aqua Kickbox.** Experience the power, energy, and punch in this cool boxing water workout. This class is packed with kicks, punches, and drills. For all fitness levels.
- Aqua Bamba.** Immerse yourself in a low impact workout that combines the amazing strength benefits of the Gymstick™ with the cardio benefits of dance. Come try it out!
- Aquabatta,** A Highly Intense Interval Training workout that uses :20/:10 timing to increase your heart rate, this class may or may Not use equipment.
- Arms –Core & More-** This Class is designed to challenge the upper body , strengthen the core, mixing in bouts of plyometric to keep you moving and sweating the whole time!
- BODYPUMP®.** The ultimate strength training class combining movement with a specially designed barbell system.
- Bootcamp-** Boot Camp is a type of group exercise class that mixes traditional calisthenics and body weight exercises along with interval and strength training.
- Cycling.** This class is perfect for any fitness enthusiast, recreational cyclist, or serious racer. Padded shorts are recommended. Bikes are Compatible with athletic shoes or SPD & LOOK style cleats.
- Cycle/Yoga** This class will give you 30 minutes of high intensity in the cycle room/ and then switch gears for 30 minutes in the Hot Yoga studio for a Hot Vinyasa flow. A true club pleaser!
- Dance Workout** In this class you will begin with slow stretching, building into balance, then moving into High Impact Dance Routines that move you along the entire floor!
- Down & Gritty.** This 30 minute, hi intensity , no equipment necessary workout, will take you to a whole new level!
- Essentrics.** This class is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching.
- Fast-n-Fit-** This 30 minute, hi intensity (low impact options) class incorporates a BOSU to develop core and stabilizer muscles while challenging strength, power, and endurance.
- HIIT.** Push out of your comfort zone with this high-intensity workout incorporating fat-burning, strength training and anaerobic intervals . All levels welcome.
- HIIT & LIIT-** This quick combo of high intensity interval training paired with low-intensity training will stimulate the body recruit, challenge and train brain and body. Expect to work hard, and explore new ways to move!
- Liquid Fit.** This is a step above in water exercise intensity. Equipment such as dumbbells, Gymstick, Hydrotone and noodles are used to provide added resistance to water, which is already much more resistant than on land.
- Liquid Intervals.** This Class provides a high intensity workout using various timed intervals to step up the pace. This class may or may not use equipment to provide extra resistance.
- Power Sculpt.** High intensity, short duration intervals combining power movement and strength training used to define all major muscle groups of the body. Includes the use of weights, bands, balls, glide discs, bosu's and steps.
- Punch Kick Athletics** This class is a time-efficient, interval-style workout, using Cardio Kickboxing drills and combinations that increase aerobic endurance and burn calories. It incorporates Athletic drills and Strength training to improve muscular endurance that will yield great results!!
- Restore And Repair.** This class is a relaxing and very thorough stretch program that combines deep breathing, spinal twists, hip and shoulder openers to bring better flexibility to your low back, hips, legs and upper body. Perfect for all levels of fitness
- Step Revival -** This class is a renewed version of the step you have enjoyed in the past, choreographed cardio moves on the step, with or without risers to enhance your workout!
- Tabata Combo.** High Intensity :20/:10 intervals, followed by strength training with heavy weights.
- Tabata Express.** A Highly Intense Interval Training workout :20/:10, that may or may not include weights.
- Tai Chi.** Generating and circulating vital energy/ a life force that is harnessed within, Tai Chi is a gentle flow that improves Circulation and increases energy through slow movements done with precise focus that promotes stability and relaxation.
- Total Body Fusion.** This class combines the fundamental elements of Fitness, which are, Strength, Endurance, Flexibility and Balance. This class is easily modified to meet your ability level while providing a fun challenging workout.
- Treadmill Trekking.** A coached, high-energy class designed and set to music to improve fitness and performance on all levels.
- Yah Hi/Lo.** A fun filled low impact aerobics class which includes cardio, toning, and abdominal work. A total body workout!
- Zumba.** Features Latin rhythms with the red-hot international dance steps to traditional cumbia, salsa, samba, reggaeton, and merengue music.



www.cherrycreekclub.com

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