

# Group Fitness Classes

There are three ways to participate in Solon Community Center Group Fitness Classes:

1. Sign up for full session. This is the least expensive option and guarantees your spot in the class. Cost varies based on length of session.
2. Purchase a Punch Card for \$40.00 allowing you to attend 11 classes. This option offers the greatest flexibility to participate in different classes. Punch cards must be present upon entering class.
3. Purchase a daily drop-in pass for \$6.00. This is the most expensive means to participate in classes and must be purchased in conjunction with a daily pass or a Solon Community Center Membership.

**\*\*\*\*\*Please note that some specialty classes may require an additional fee.\*\*\*\*\***

**Advanced Power Sculpt:** Power Sculpt is an invigorating and highly energetic strength training class. Class begins with ten minutes of cardiovascular exercises and stretching to elevate the heart rate and warm up your body. Forty minutes of super sets, a series of exercises carried out without any recovery and with decreasing intensity, alternating upper and lower-body muscle groups follows. You will look forward to carrying out the super sets because they are so challenging and different from basic strength training. The class concludes with intense abdominal exercises and a final relaxing stretch. Class is designed to accommodate the beginner to the most advanced exerciser.

**Boot Camp:** Boot Camp is a cardio class consisting of various drills to accelerate your heart rate, while burning calories and fat. The Boot Camp format also offers the added benefit of mental and physical discipline.

**Cardio Body Blast:**

**Cardio Interval:** Get up and get energized! Start your day off right with an energetic mix of cardio and sculpting. This class alternates between cardio intervals (step aerobics and some kickboxing) and body sculpting intervals. This is a great workout for your whole body and really revs up your metabolism. Abdominal work is included, and the class concludes with stretching exercises.

**Double Step:** Double Step is a fun and challenging spin off of traditional step aerobics. Two steps benches are used vertically side-by-side offering a great physical and mental challenge. Overall, this class is so much fun that you will not realize how fast an hour can pass by! Class concludes with abdominal exercise and stretching.

**Gentle Yoga:** This class explores gentle movements to increase flexibility, strength and well-being. Students are led through stretches, yoga postures and breathing practices, and then guided into deep relaxation. Ideal for those with chronic pain or stress, those returning from illness or injury, or anyone who would like a gentle approach to practicing yoga.

**Spinning:** Indoor Cycling is fun and challenging! The instructor sets the "course" and puts it energetic music. Cycling enables your heart and lungs to function more efficiently, ultimately improving cardiovascular endurance and reducing overall body fat. Students will change their resistance to simulate riding up or down hills or flats. Each student ultimately determines the intensity of their workout. Wear comfortable clothes and stiff shoes or indoor cycling shoes with cleats. Participants must bring a water bottle and are strongly encouraged to wear a heart-rate monitor for maximum effectiveness. **\*\*Plus Abs includes 15 minutes of abdominal work!\*\***

**Kickboxing:** Instructor leads participants through punches, kicks, lunges and shuffles to fun upbeat music while blasting fat and burning calories. This class also serves as an all-over body sculpting class.

**Pilates Mat:** Movements and patterns designed to stretch, strengthen and balance the body, Pilates is a systematic practice that combines focused breathing, mental concentration and physical awareness to gain a total connection between ones body and mind. Pilates will develop the core muscles and align the spine. The knowledge gained through Pilates helps to improve the quality of movement in all other physical activity. Classes are limited to 12 participants of all fitness levels.

**Power Sculpt:**

**Power Yoga:** Turn up the heat (internally) as we flow through a vigorous and challenging yoga class with a strong emphasis on mindfulness and breath control and safe, healthy alignment. Vinyasa means to "flow" or link one movement into the next while coordinating each movement with pranyama (breath). In time you will develop greater muscular strength, endurance and flexibility. This class is recommended for the continuing yoga practitioner with a moderate level of physical fitness.

**Step and Sculpt Interval:** Start your week off right with interval training for your body and your mind. Class will begin with a brief warm up and stretch to elevate the heart and get your body warmed up. Step and Sculpt Interval combines Step Aerobics and Power Sculpting in intervals of 10 minutes for Step and 5 minutes for sculpting, alternatively for 45 minutes. This format will invigorate your body with maximum fat burning potential as your heart rate and strength are continuously challenged. Class will conclude with intense abdominal exercises and a final relaxing stretch.

**Step Aerobics:** Discover the total body, fat burning way to stay in shape. The step workout is for a wide range of fitness levels. Adjusting the height of the step can easily modify the intensity level of the workout. The class will incorporate 45 minutes of step, followed by abdominal exercises.

**Yoga:** A complete Hatha Yoga class using the flowing style of Ashtanga Yoga and a blend of classical yoga disciplines. This class will energize your metabolic rate to burn fat and build a firm toned and muscular body. It will condition the cardiovascular system and increase stamina while developing great strength and flexibility, as well as create inner clarity and calmness. The postures and breathing exercises will help purify the mind, body and spirit. Classes conclude with a short meditation segment. All levels are welcome. Modifications are demonstrated for the beginner to the most advanced student. Sticky mats are provided.

**Zumba:** Zumba (Latin Cadio Dance) combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind.

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