



## **Raintree Swim and Racquet Club - Group Exercise Class Descriptions**

**All group classes are appropriate for all levels of fitness.** Options will be given for beginning and more experienced participants. Come try our classes which are included with your club fitness membership fees! All are welcome!!!

**Aquatic Fitness (summer months)** - Strength training, body sculpting and core work in the water. May utilize equipment such as noodles and kickboards. (Experience in the water is strongly recommended.)

**Body Conditioning** - Strength training and core work using dumbbells, body bars, bands, stability balls, etc. with stretching. Includes working all major muscle groups.

**CardioFit N Stretch** - 30-40 minutes of cardio (with hi/low options) plus 20-30 minutes of stretching. Some upper body strength work may be included at instructor's discretion.

**Cardio Mix** - A high-energy, fat-burning, workout that incorporates many high and/or low impact aerobic movements.

**Easy Fit** - Easy, fun choreography (35 min) with Body Conditioning (25 min).

**Pilates** - Core conditioning mat work and standing-strengthening, lengthening, and flexibility movements designed to strengthen the core and improve posture and balance.

**Quick Cardio** - 30 minutes of action packed cardio with or without choreography.

**Quick Tone** - 30 minutes of Body Conditioning intended to work major muscle groups to promote good muscle tone (stretching toward end of class).

**Sweat N Pump** - No choreography needed. Cardio, agility, strength, core and balance exercises performed in intervals. A great CROSS TRAINING class!

**Tennis Yoga** - Basic yoga poses emphasizing stretching, strengthening, and balance for the game of tennis.

**Yoga** - Hatha style yoga using deep breathing and meditative techniques. Includes standing and seated poses for stretching, strength and balance.

**TriFit** - A class consisting of 20 min. segments of cardio (hi and/or low), strength, and core.

**30/20/10** - 30 minutes of cardio, 20 minutes of Body Conditioning and/or toning exercise, and 10 minutes of stretching.

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