

# Western Hills Group Exercise Class Descriptions

## Live Classes

**Bender Ball Pilates** - This method provides dynamic, pain-free movement and a safer approach to core training and muscle balance. 45 min. All Fitness Levels

**Boot Camp** - A challenging strength and cardio mixture that you must experience. 45 min. Int. to Adv.

**Cycle** - A fun-filled 45 minute cycling class that's fitting for the beginner to the advanced cyclist. 45-55 min. Adv Beg to Adv

**Fitball** - This class builds core strength and balance using the fitball for strength training, back health & injury prevention. 45 min. All Fitness Level

**Oldies & Goodies** - This is an uplifting class incorporating light aerobics, free weights & balance training. 45 min. Adv Beg to Int.

**PM Sampler** - Try a little bit of everything in this sampler to get the best results from a variety of workouts. 45 min. All Fitness Level

**Simply Weights** - Learn proper form and technique while utilizing free weights, core balls, bands, and your own body weight. 45-55 min. All Fitness Levels

**Step** - Get the most out of your workout using steps for improving cardiovascular endurance, muscle endurance and body composition! 45-55 min. All Fitness Level

**Total Body Conditioning** - Cardio circuit with strength is the perfect class to sculpt & tone your body and abs. 45 min. All Fitness Levels

**Yoga Mix** - Warm up w/ Tai Chi, train your cardio system, functional strength, muscle balance & flexibility w/ PilatesFit & YogaFit. 60 min. Int to Adv.

## Fitness On Request Classes

**Basic Arms** - A muscular endurance and strength arm workout that will focus on biceps, triceps and shoulder. 20 min. All Fitness Levels.

**Beginner Pilates** - Gives step by step instructions on Matt Pilates which focuse on strengthening & lengthening muscles, improve posture, and tone core. 30 min. Be

**Just Butts** - Flex and tone your way to a better gluteus maximus. 20 min. All Fitness Levels.

**Cardio Kick** - Learn the basic kickboxing moves and great a great cardio workout. 30 min. Beg to Int

**Strictly Strength** - For the beginner this strength training targets a full body workout. 30 min. Beg

**Turbokick** - Dance and kickbox in this non-stop fun filled cardio experience. Int to Adv. 30 min

**15 Minute Abs** - Full abdominal workout routine in only 15 minutes. 15 min. All Fitness Levels

