



## St. Paul, Midway GroupX Class Descriptions

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<b>Cardio:</b>	<b>Strengthens muscle &amp; aerobic stamina, improves energy level &amp; endurance</b>
<b>Step and Cardio Together</b>	Cardio training that uses the step in highly effective, athletic ways. Improve your fitness, agility, coordination, and strength with exciting music and group energy.
<b>Group Cycle</b>	Build strength, improve cardiovascular endurance and burn calories in this athletic workout. Our fitness instructors will challenge you with multi-level and intense intervals on a specialized stationary bike.
<b>OULA!</b>	High-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy and total inspiration! OULA® is Dancemania for the Soul!
<b>Zumba™</b>	Fusion of Latin and international music and dance to create a dynamic cardio workout. Routines feature interval aerobic training with a combination of fast and slow rhythms.
<b>Climb</b>	Work your legs and cardiovascular system like never before. Experience stair climbing drills combined with body weight and sports specific training for an amazing all over body workout.
<b>Strength:</b>	<b>Increases strength &amp; tone of entire body while improving bone density &amp; enhancing core strength</b>
<b>Studio Strength</b>	Strictly strength format targeting all the major muscle groups. Utilize a variety of tools including rubber tubing, free weights, stability balls, and BOSUs
<b>Core Conditioning</b>	Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility.
<b>Strength Train Together</b>	High-rep weight training. Using an adjustable barbell, weight plates, and body weight. Combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music.
<b>Body Pump</b>	Revolutionary barbell workout. Challenge muscles with squats, presses, lifts and curls as you strengthen and define your entire body. Determine how hard you want to work by choosing the appropriate weights.
<b>Cardio/Strength Combo:</b>	<b>Improves strength &amp; endurance while increasing aerobic stamina</b>
<b>Active Together</b>	Cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.
<b>Defend Together</b>	A gripping hour that burns a ton of calories and builds total body strength. The hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! Cutting-edge moves with thrilling music.
<b>R.I.P.P.E.D.</b>	The One Stop Body Shock™ is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every <b>R.I.P.P.E.D.</b> class
<b>Boot Camp</b>	Improve your strength and stamina through a rugged workout of sports drills, weights, jumping rope, boxing, circuits and interval training.
<b>Tabata</b>	Uses simple, yet intense exercises that target muscle toning and weight loss. The class format is 4 minute cycles 1 or 2 exercises for 20 seconds as hard as you can and 10 seconds complete rest.
<b>Spirit, Mind, and Body:</b>	<b>Improves flexibility &amp; range of motion while sculpting a leaner and stronger body</b>
<b>Yoga Flow</b>	Sequences in with moving in and out of postures is linked to the breath. In a vinyasa style class; the pace is faster with the breath-synchronized movement developing strength, energy and flexibility.
<b>Balance and Flex Together</b>	Grow longer and stronger with an invigorating mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core.
<b>Yoga</b>	Experience a combination of postures sometimes moving with the breath, sometimes longer holds to deepen concentration, balance, strength and flexibility.
<b>Gentle Yoga</b>	This is a slower-moving yoga focusing on strength and alignment
<b>Mat Pilates</b>	Focus on body alignment and breathing. The exercises cover all core powerhouse muscle groups: abdominals, lower back, shoulders, thighs and gluteals.
<b>Tai Chi for Health</b>	An ancient form of Chinese exercise consisting of slow, relaxed movements that develop a sense of balance and harmony between mind and body. A study in concentration for you mind.
<b>ForeverWell:</b>	<b>Builds endurance &amp; strength along with increasing range of motion</b>
<b>ForeverWell Cardio</b>	This special low-impact aerobic class is designed to improve your cardiovascular fitness, tone your muscles and increase your range of motion. Geared towards ages 50+
<b>ForeverWell Strength</b>	This studio workout uses a variety of strength resistance equipment to increase your metabolism, improve bone density, and strengthen muscles. Geared towards ages 50+
<b>Silver Sneakers® Classic</b>	Increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing, and a ball are offered for resistance. A chair is used for support.
<b>Silver Sneakers® Yoga</b>	Seated and standing yoga poses. Chair support is offered. Postures designed to increase flexibility, balance and range of movement. Breathing exercises and a final relaxation will promote stress reduction.
<b>Zumba Gold</b>	Similar to Zumba but focuses on individuals with little exercise experience, individuals that have physical limitations or inactive older adult. It's designed to be a little easier than Zumba but by no means less fun.
<b>Water Fitness:</b>	<b>Builds endurance &amp; strength along with increasing range of motion with less impact</b>
<b>Water X Power</b>	high-intensity workout that includes a combination of shallow and deep-water exercises to increase strength and endurance for the upper and lower body and core.
<b>Water X for Arthritis</b>	This class allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a certified instructor, will help you gain strength and flexibility.
<b>ForeverWell Water X</b>	This class is designed with the active older adult in mind and combines a light to moderate aerobic workout with exercises in the shallow and/or deep water to help increase endurance, core strength and flexibility.
<b>Water Walking</b>	Basic, low-impact, light-intensity workout using the natural resistance of the water to strengthen core musculature, increase balance, coordination and flexibility.
<b>Deep Water X</b>	Low to moderate intensity water workout offers exercises for every body part with no impact on the lower body. A buoyancy belt is required to create and maintain proper balance and posture.
<b>Kids Fitness:</b>	<b>Learn how to be fit and healthy through games and active play</b>
<b>Wellbeats: Purposful Play/Generation Fit</b>	Giving kids a chance to move their body and have fun with engaging programming! Age appropriate fitness activities to educate youth about exercise and instill in them a love for movement!
<b>Little Lotus Kids Yoga</b>	Focuses on the union of the spirit, mind and body through games, stories, imagination and kid friendly yoga poses. *Age limit is 6-11 years old. Ages 6-10 must check in with Kid Stuff. Ages 10-11 can attend the class individually.
<b>Kids Fitness</b>	March to the beat! Join others to learn how you can be fit and healthy — in your spirit, mind, and body. We'll exercise your muscles, play some fun games, and meet new friends.