

# Mauldin Sports Center Group Fitness Class Descriptions

*Refer to monthly schedule for class times. Questions? Please contact:*

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[30- min Thursday:](#) This class can be anything! A High-intensity class that is full of cardio, strength and agility exercise in a 30-minute time frame. For all fitness levels.

[All Ball Sport Circuit-](#) A cardiovascular and strength circuit program using the Bosu, Stability balls, Medicine Balls, Ballast Balls and stabilization training. This class is designed to shape and tone your entire body while pushing your fat-burning system into high gear!

[Barre-](#) Essentially, **Barre** classes mix elements of Pilates, dance, yoga and functional training. The moves are choreographed to motivating music.

[Barre Boot Camp-](#) Inspired by ballet, this Barre class is slightly higher in intensity Barre. With the addition of cardio drills, Barre Bootcamp will also target arms, core, thighs and booty to help you create a long, lean dancer's body. Get ready to feel the barre burn.

[Body Bar Blast-](#) This 30 minute strength training class utilizes Body Bars for a total body toning workout. You will challenge all of your major muscle groups while shaping and toning your entire body.

[Boot Camp-](#) This high intensity military style class combines specific cardiovascular drills and muscle conditioning exercise using body weight, medicine balls, and track runs. This action packed class will challenge your endurance and strength.

[Buns and Guns-](#) This workout routine features glute and arm exercises that will alternately target each area avoiding over-fatiguing one region so you will be able to get an efficient and effective workout in one.

[Cardio Conditioning-](#) More Fat Burning, Same Gym Time. Turn your resistance training workouts into muscle building and fat blasting sessions by integrating intense progression **conditioning**. 3-4 minutes of strength training combined with 2 minutes of cardio

[Cardio Crazy-](#) a fitness playground for the cardio crazed! Gliding discs, medicine balls, steps, and wild cardio moves are used to make your playground. Cardio intensity intervals are combined with cutting edge fitness drills and games to create this breathless bash.

[Cardio Kickboxing-](#) This high calorie-burning workout is easy to learn with no complicated choreography. This empowering class is inspired by a combination of martial arts disciplines and aerobic exercise. Supported by great music, Cardio Kickboxing is sure to give you a fierce workout!

[Combat Kickboxing-](#) using light weighted bar and authentic kickboxing techniques, this high energy hour will provide both resistance training and cardiovascular benefits to participants. We focus on proper techniques and conditioning using the weighted bar for defensive and offensive combat!

[Core-lates](#)- A fusion class that combines core and Pilates type movements in one class. This great workout combines flexibility, strength, balance, core training and of course relaxation. 30-45 minutes.

[Core Training](#) -a 30 minute workout targeted for the entire abdominal and back region. Training is focused on technique, alignment and strengthening resulting in improved definition, tone, and strength of your entire core. Stretch segment included.

[Cycle](#)- Take the ride of your life in any of our indoor cycling classes. Our instructors will lead you through flatlands, sprints, sandy beaches, mountains, and hills in this 55 minute cardio workout.

[Cycle Fusion](#)- This class combines indoor cycling with cardio and strength intervals for an awesome workout! With the first half of the class comprising a Spinning ride, and the second half moving off the bike for a full body strength workout, the possibilities are endless.

[Cycle High-intensity interval training \(HIIT\)](#) - is intended to improve performance with short training sessions. HIIT is a form of cardiovascular exercise using the spin bikes and strength training exercises which is beneficial to burning fat in a short and intense workout. In this class you will perform exercises of high intensity and low impact. HIT is a lot of fun! Give it a try.

[Interval Training](#)- This class needs no description. It is intense filled with intervals for an all over workout of cardiovascular, resistance training.

[Kettlebell AMPD](#): This class takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole-body routine.

[Kickboxing](#)- This high calorie-burning workout is easy to learn with no complicated choreography. This empowering class is inspired by a combination of martial arts disciplines and aerobic exercise. Cardio kickboxing is sure to give you a fierce workout!

[Kickbox Circuit](#)- No complicated choreography in this class. Two rounds of kick boxing based stations using punching bags, clappers, and kick pads along. You will get cardio and strength stations ALL geared towards improving your endurance and strength. Boxing gloves recommended, but not required.

[Lengthening and Relaxation](#): Focusing on breath-work, lengthening/stretching, basic postures & Includes lavender towel relaxation ☺

[Line Dancing](#)- this fun energized class is all about moving and grooving to the latest line dances or it will take you back in time with the oldies but goodies.

[Pilates with Props \(A.K.A.Physio Pilates\)](#)- Pilates Mat, just add the use of fitness circles, stability balls, mini balls, tubing, gliders and foam rollers to give your entire body an extra challenge!

**PILOXING®** - A NON-STOP, CARDIO FUSION OF STANDING PILATES, BOXING AND DANCE THAT WILL PUSH YOU PAST YOUR LIMITS FOR A SLEEK, SEXY, POWERFUL YOU! Piloxing is a 60 minute class burning 400-900 calories per class. **You must be at least 16 years old to take this class.**

**PILOXING® Barre**- is a comprehensive well-rounded workout that is low impact, yet intensity building. This program creates full body awareness utilizing a Ballet Barre for the entire class- both standing and grounded.

**POUND®**- is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

**Power Yoga**- forms of Ashtanga Yoga designed to tone and strengthen muscles, improve flexibility, and respiration, calm the mind and uplift the spirit. While this class is both challenging and strenuous. 60 minutes

**Restorative Yoga**- intended to take the mindfulness that is found in all disciplines of yoga to the next level. The sequence typically involves only five or six poses, supported by props that allow you to completely relax and rest. Held for 5 minutes or more, restorative poses include light twists, seated forward folds, and gentle backbends.

**R.I.P.P.E.D®**- The One Stop Body Shock™ - This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D.— Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. Thus, regular R.I.P.P.E.D. participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes.

**RPM® Cycle** is a group indoor **cycling** workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session\*\*. With great music pumping and the group **spinning** as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

**RUMBLE®**- Authentic, yet simple to master, cardio mixed martial arts adapted for the group exercise environment. Rumble's formulated with Systematic Science based techniques that are safe, effective, and FUN. You will use a weapon; The Rumble Stick. Rumble is designed for ALL fitness levels. Please sign-up at membership service desk. 30 or 60 level formats offered.

**Silver Sneakers Circuit®**- Silver fit is designed exclusively for older adults who want to improve their cardiovascular and muscular strength, flexibility, balance, and endurance. Light hand weights, tubing, and a ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises. 60 minutes **\*Silver Sneakers**

**Silver Sneakers Yoga®**- This class can help you learn Yoga moves that you can do at home or at the office. Take a break, relax, and stretch your stress away. No sweat, no fuss! Wear your everyday comfortable clothes. If you've never tried yoga...Try Silver Sneaker Yoga! 45 minutes

**Strength Training**- A complete body strengthening program designed to increase definition and tone while helping in the prevention of injury using the principles of resistance training. Hand weights, tubing, medicine balls, step bench, and stability balls used.

**Step**- A low impact, high intensity workout using an adjustable platform.

[Switching®](#) - Don't have much time? Get the best results in a short amount of time! This 30 minute, standing total body workout will allow you to safely and effectively maximize core strength, muscle conditioning and fat-burning benefits of your workout.

[Tai Chi](#)- Tai chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. **\*Silver Sneakers**

[Tai Chi Chih](#)- Is a series of 19 movements and 1 pose that together make up a meditative form of exercise to which practitioners attribute physical, personal and spiritual health benefits. **\*Silver Sneakers**

[Tabata](#) - Tabata training is a form of High Intensity Interval Training (H.I.I.T). You will push yourself as hard as you can for 20 seconds and rest for 10 seconds until you complete eight sets of an exercise. and typically only last 20-30 minutes max plus cool down and stretch.

[Yoga Barre Relaxation](#) - barre classes mix elements of Pilates and **yoga**. In each energizing and targeted workout, you'll use the **barre** and Classes include hand weights, yoga straps, therapeutic exercise balls, and resistance bands to sculpt, slim and stretch your entire body. **Relaxation** serves as a feel-good ending to our stretch-and-burn experience, includes lavender towels.

 [Zumba®](#) - A fusion of Latin and international music that combines high energy and motivating music with unique moves and combinations that allow Zumba® participants to dance away their worries. Routines will include aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Ditch the workout...join the party!

 [Zumba® Toning](#)- toning and sculpting to define those muscles! Perfect For those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.