

JACKSON HOLE HEALTH AND FITNESS. **GROUP X.** CLASS DESCRIPTIONS

Zumba Ditch the Workout and Join the Party!!!! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

Total Body Fitness - A Fun, energetic, full body workout including cardio, core, upper and lower body and balance work using bosu, balls, bikes, weights, etc.

Yoga - Flow is a challenging yet centering practice which links asana and breath into flowing sequences of postures centered around sun salutations. This practice improves strength, flexibility, and balance while centering and calming the mind. You will leave feeling invigorated yet grounded!

Yoga Sculpt – is a challenging class which focuses equally on toning, flexibility, and functional strength building. By combining weights to the practice and incorporating repetitions and isometric holds, we will get a great workout along with centering the mind.

Cardio Core – upbeat core busting moves are in store for this one! Using functional movements to engage your abs is a surefire way to shred the midsection!

Cardio Strength Intervals– is a total body calorie burning experience! You'll use a variety of bands, dumbbells and body weight to get a high-rep low-weight workout!

Fit X Mix it up and experience the results of variety in a progressive class that includes everything from strength, sculpting, toning, power, speed, agility and interval training. This progressive, enthusiastic, cross training class will work your body head to toe! Great Workout! Great Results! Come See for Yourself

Ski Fitness is an hour-long workout where you'll be sure to get those legs and core ready for all your snow adventures. Your Skiing, Nordic, Snowshoe and Snowmobiling strength will all grow through this class!

Pilates A complete coordination of body, mind and spirit. When learned correctly, the results can be: reduced inches, improved posture, tightened and toned muscles.

Step/Pump- one more great option for a high energy fun cardio class that is sure to burn calories and get you in shape! Workout at your own fitness level in this combo class incorporates traditional step with muscular toning and endurance.

Ladies Strength- a new class that's designed to give everyone a great workout while giving you insight into principles of strength training. We'll use the group room and get out on the workout floor to use strength machines and some free weights.