

## 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!

**Fit** The format of this class is: 10 minute bike, 2 minute floor, 10 minute bike, 2 minute floor combo for the hour... increases endurance and strength, with focus on full body fitness with emphasis on quads, hamstrings, core, upper body, lower back...

**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.

**Stiff Dudes Yoga** – this is a beginning level yoga class designed for those that are unsure of what they're getting into! It's not just for the fellas, but for anyone who has flexibility issues and wants to try some Yoga!

**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 X-Training**– 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

**Power Hour** 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.

**Cardio Bootcamp** – you'll be sweating and feeling your muscles burning during the entire class! This class provides a variety of ways to bring out your best by using weights, bodyweight exercises, intervals and more.

**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.