



CENTRAL-CLEMSON RECREATION CENTER

CLASS DESCRIPTIONS

Active: Incorporates all elements of fitness, from cardio fitness, building strength and improving balance and flexibility.

Cenergy: A mix between Yoga and Pilates movements to strengthen core muscle groups and improve balance plus flexibility.

Core: A mix of abdominal, and lower body region workouts, focusing on stability overall control, incorporating various props.

Power: Strengthens all major muscles incorporating simple athletic movements such as squats, lunges, presses, curls and abdominals. **Plus!:** (Thursday morning only) An additional 30 minutes of plyometrics in the gym designed to burn those unwanted pounds.

Ride: A systematic alternative to spin that incorporates a monthly cycling program, ranging from roll over hills, chase the pack, mountain climb and Tour de France.

Burn, Baby, Burn: An hour of Power with Plyometric Intervals

Step: Utilizing the step in many positions and heights. Strengthening and shaping the lower body. **Basic Power Step:** Nothing complicated! Power moves to make you sweat! Great for beginners.

SilverSneakers®I – Muscular Strength & Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers®II – Cardio Circuit: combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Movin & Groovin – A fun and exciting aerobic workout that incorporates many types of music with a variety of dance moves.

Pilates – The program focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. In particular, Pilates exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles.

Rock the Rec – A fun, energetic work out **just for teens!** No two classes are the same. Lift weights, jump rope, run an obstacle course, dance, and more! Take your 1st class for FREE!!