

Capital Racquet & Fitness Center Group Fitness Class Descriptions December 2008

BUTTS-N-GUTS – 1 hour. Just as it states, a workout focusing on toning those problem areas; abs & glutes.

CYCLING– 50 min./1 hr. on Sundays & Mondays. *Small group setting; all levels welcome.* A cardiovascular training activity performed indoors in a group setting. No complicated choreography, intensity controlled by you and easy to learn techniques will make you want to come back class after class! Get toned, get fit, and have a blast!

*Monday's 1-hour class is 45 minutes of cycling and 15-minutes of toning at the end of class.

*Sunday's 1-hour class is all cycling...all hour!

KIDDY SIZE - 30 minutes. Catered to children of all ages. The instructor will conduct a half hour of fun, creative and invigorating activities for the children to enjoy. In the class for the 3-7 year olds, the kids will enjoy such activities as Leap Frog and Red Light/Green Light. The 8-12 year olds will jump rope, and learn basic step and kickboxing moves and much more. (The 3-7 year old class will be held from 5:30-6:00pm and the 8-12 year old class will be held from 6:00-6:30pm once a week, on Thursdays.

PILATES – 1 hour. Pilates focuses on the body's core using breathing to energize the muscles. We will use our own body weight to focus on our symmetry in strength, flexibility, tension, range of motion, and weight distribution. Be prepared to lengthen and strengthen your muscles.

TRIM N' TONE - 1 hour. This class incorporates muscle strengthening and conditioning using bands, tubing, hand weights and your own body weight for resistance. You will work your major muscle groups from head to toe.



**HAPPY
HOLIDAYS!**