

Gene Fullmer Fitness & Recreation

Class Description

Aqua Fitness

Aqua Attack-Use the power of kickboxing for an amazing water workout! Learn the latest kicks, jabs, undercuts, and self defense moves in the shallow-end of the pool.

Calorie Burn- A full hour cardio training class. This class will combine both shallow & deep water training. Focus will be on your target heart rate zone so that YOU burn calories to increase YOUR metabolic rate. A great class to burn body fat, increase muscle and build your cardiovascular endurance.

The Works-The Works is an overall body conditioning class with both deep water & shallow water routines—adding head-to-toe muscle toning. The Works is a great class for anyone wanting a full water workout!

Anchored Down- Anchored Down is a great way to workout without the jumping and splashing! This class has a great combination of effective, low impact aerobic exercises that focus on muscle strength, flexibility, and posture.

Deep Power- Deep Power is a terrific 'non-impact' workout done entirely in the deep-end. This class will use powerful moves to push you to the limit—floatation belts are provided. Strengthen, define, and firm your muscles!

50/50 Cardio-Strength- This class is a combination of both cardiovascular training and strength training with an emphasis on the core muscles. Both the shallow water & deep water will be utilized. A great class for those needing to strengthen their back. You will see great improvement in your core, including better posture and balance.

Total Body Circuit- Shake it up a bit. This class is a full body conditioning class alternating between Cardio & Strength, utilizing both the shallow & deep water. Hit a plateau? This is the class for you. Put the kids to bed and join us for this fun hour of fitness.

Land Fitness

Cardio Fun-A variety of cardio training. Everything you can think of we will do in this class. Step, Hi-Lo, Jump-rope, Cycling, Sports Conditioning, BOSU, Kickboxing, Hip-Hop, Gliding etc. So much fun you almost forget your working out.

Cardio Kickboxing— Put a little kick in your workout! This class is designed to improve strength and stamina by incorporating kickboxing moves and high intensity cardiovascular training. Jump ropes, boxing gloves and heavy bags are used to enhance the class.

Kickin' Core- 45 minutes of kickboxing (see description above). 15 minutes of core training.

Kickin' Yoga- 45 minutes of kickboxing (see description above). 15 minutes of basic yoga.

Cycling Endurance/Strength- Let the instructor lead you on a bike ride that will challenge you both physically and mentally. You need not be an avid cyclist to participate. Class size limited to first come, first serve based on number of bikes. Water bottle required.

****FIRM PHYSIQUES:** These classes will use a variety of equipment. Steps, BOSU's, Body Bars, Hand Weights, Tubing, Resist-a-Balls, Glide Discs. If you are new let the instructor know and they will help you set up!!!

Concentrated Muscle-Emphasis will be on a specific upper and lower muscle group (instructor's choice). Participants will be encouraged to lift heavier. (I.e. less reps more weight) This will help increase YOUR muscular strength, which will then improve YOUR metabolic rate!

30/30/30-A complete body strength and conditioning class. This class will consist of 30 min. Upper Body, 30 min. Lower Body, & 30 min. of Core training. You will see big improvements in muscle strength, conditioning, endurance, posture, and balance. Who knows you just might drop a size or two!!!!

Rockin' Core- This class is a 30 min. core strengthening workout. The instructor will help you to build strength in your Abs & Back so you will have a "ROCKIN' CORE"!

Sports Cycling— Not interested in a full hour of cycling? Then this is for you! Class combines sports conditioning (i.e. BOSU, track, jump rope, and step drills) with intervals on the bike. A great cross training class to help you build your cardiovascular endurance.

Step & Weights- Cardio class using step platform with 1,2 or 3 steps mixed w/ 20 minutes of strength training.

20-20-20-15: 20 minutes of Cycling, 20 minutes of Kick box, and 20 minutes of Step, with 15 minutes of Abs added in for good measure.

Basic 30*30— 30 minutes of Basic Cycling followed by 30 minutes of any combination of Basic Step, Basic Kickboxing, Intervals of Jump-Rope, Core Training (BOSU), and Tone & Sculpt. This is a perfect class for getting started.

Run-Bike-Run 3x's the Fun: Do you like to bike? Do you like to run? Or do you maybe need to just burn some extra calories and trim the fat? Then join us for this class. This class will begin on our indoor track for a 20 min. Run/Jog/Walk. Class will then head to the group fitness room for a 20 min. stationary bike ride. Then back to the track for a little more cardio training. All fitness levels are welcome. Let the instructor know if you are new. This is a class where you can work at your level and still work in a group setting. If you can't attend the full hour please fill free to join the class at anytime. Remember some is better than none!

*****FAMILY FITNESS FUN: BRING THE WHOLE FAMILY AND GET FIT TOGETHER Tues. & Thurs. 5:00-5:45p.m.**

Walk-Fit Circuit— Get together on the indoor track and walk to the beat of music while you burn those calories away. Different workout stations consisting of both cardio & strength are added in to help you get moving. This is a great class for moms on the move. We encourage you to bring your infants & toddlers in their strollers!

Kid-Fit -Kids ages 4-11 come and join our kid-fit class. This class is designed to make fitness fun for kids. Kids will work on strength, cardiovascular endurance, agility, balance, and flexibility. Come & exercise & play games with us! (Good running shoes & good attitude are required)!!!!

Teen-Fit- Ages 12-17, come and join us, for this class geared strictly to teens. Teen's will work on sports drills to enhance their athletic ability. We will spend time in the Fitness Room working on the cardio equipment, weight machines, and free weights. Time will also be spent in the gym and on the track working cardio endurance.

Yoga — Increase the mind/body connection through breathing, moving and stretching.

Yogalities - A combination of Pilates & Yoga. The BOSU ball and resist-a-ball will be used to enhance your workout.

---ALL OF OUR INSTRUCTOR'S ARE TRAINED AND CERTIFIED BY NATIONALLY ACCREDITED FITNESS ORGANIZATIONS.

EACH INSTRUCTOR IS HERE TO CHALLENGE AND TO HELP YOU REACH YOUR FITNESS GOALS!!!!!!

PLEASE LET YOUR INSTRUCTOR KNOW THAT YOU ARE NEW AND WE WILL HELP YOU SET UP AND GET READY TO GO!!!!!!