

LAA Group Fitness Class Descriptions

Low Impact – 25-30 minutes of aerobic 'floor' choreography designed to reduce stress on back and joints. One foot remains on the floor during workout.

Step – 25-30 minutes of low impact, but moderate to high intensity based on STEP REEBOK. Easy to follow choreography.

Step Interval – Two workouts in one: step and muscle conditioning; 4-5 minutes on the step – 1-2 minutes off the step working major muscle groups. Resistance apparatus used: hand-held weights and/or tubing.

Step Interval w/Barbell – 4 minutes on step for cardio conditioning and 2-4 minutes off the step working major muscle groups. Resistance apparatus used: barbell and weight plates.

Barbell Blast – Non-cardio class consists of using a variable weight barbell (3 lbs) and selected weight plates (2 ½, 5 & 10 lbs.) to work through ten songs – each dedicated to conditioning a major muscle group.

Pilates Mat – A combination of exercises based on the concepts of Joseph Pilates. Class benefits include increased muscular definition and improvements in coordination, flexibility and body awareness.

Sculpting Class – Non-cardio strength/weight class targeting major muscle groups using hand-held weights and/or bars, weight plates and tubing.

Cardio Kickbox – A cardiovascular and strength conditioning class that incorporates movements derived from boxing, tae kwon do and karate. Focus is on punches and kicks that provide for a dynamic energetic, heart-pumping workout.

Zumba - It's a very exciting dance party atmosphere full of Latin and international music. You'll forget you're working out with the sexy but simple moves to dance music like Cha Cha, Salsa, reggaeton, rumba and more. Best of all, you don't need any previous dance experience! It's fun and effective, using interval training combining fast and slow rhythms for an effective aerobic workout while at the same time targeting your legs, abs, glutes and arms. The workout is basically watch and follow. The moves are repeated often enough for you to catch on and they're not complicated. The routines are repeated week after week with additions every now and then to spice things up even more!"