

# DBC Fitness Center Class Descriptions

## Low Impact & Intensity

- **Aqua Fitness:** Warm-up, cardio, toning, and cool down to fun music.
- **Connective Stretch & Movement Based:** Movement-based stretching. Similar movements to yoga and Pilates with a focus on complete range of motion.
- **Moving Right Along (MRA):** Increase strength, range of motion, agility, and balance needed for active daily living. No floor work. Chairs available.
- **Pilates:** Floor exercises to build core strength and improve balance, coordination, flexibility, and posture.
- **Posture Perfect:** A class based on structural alignment through gentle stretches and exercises.
- **Tai-Chi:** Tai chi is a gentle, low-impact form of exercise in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths. Combines elements of martial arts, yoga, and meditation to improve flexibility, balance, and coordination.
- **Yoga/Yoga 2/YogaFaith/Yoga Detour:** These toning workouts take you through a series of poses that combine flexibility, strength, stability, power, and balance. **Yoga 2** is a more advanced workout. **YogaFaith** employs Christian music, prayer, scriptures, and philosophy. **Yoga Detour** is suitable for beginners and experienced practitioners alike, focusing on building strength and stability through methodical movements.
- **Yogaflow:** Traditional yoga movements choreographed to contemporary music.

## Moderate/High Impact & Intensity

- **Barre Boot Camp:** A creative and unique combination of ballet and dance movements to build balance, agility, and core strength.
- **Cardio Kick Boxing:** High-intensity cardio workout utilizing punching and kicking motions to strengthen and tone.
- **Chisel:** High-intensity strength and cardio workouts utilizing HIIT and boot-camp style workouts. Total body workouts to build strength, endurance, agility, coordination, and balance.
- **Cycle:** High-energy, calorie-burning cycle class with fun music and fun people.
- **Dance Explosion:** Combines Pop, Hip Hop, Rock, R&B, and Latin music with original choreography focusing on dance steps and footwork. Creates a unique and joy-filled cardio and agility workout. Improves stamina, balance, agility, and spacial cognition.

- **Early Bird Burn:** Similar to Chisel, a combination of cardio, weights, HIIT, Barre', Pilates, etc., to improve strength, balance, coordination, and agility.
- **High Fitness:** High intensity cardio and agility workout. Uses plyometric exercises and simple dance steps to create high-energy, fun dance choreography. Improves stamina, agility, strength, balance, and spacial cognition.
- **Step +:** Cardio training and core abdominal conditioning using 4-6 inch vertical bench. Improves stamina and balance.
- **Total Body Conditioning:** Cardio and strength training using a weights, BOSU's, bands, bars, etc., to improve total body strength, muscle tone, balance, and coordination.
- **Body Sculpt:** Working the whole body using dumbbells, bands, tubes, exercise ball, and body bars.
- **Super Sculpt:** Low-impact, high-intensity strength training for whole body. Uses dumbbells, steps, bands, tubes, balls, and body bars to create a demanding workout. Improves stamina, strength, and coordination.
- **Zumba:** Combine Latin and International music and dance to create a dynamic calorie-burning workout for people of all fitness levels and age groups.