

Electra Health Club and Spa Class Descriptions

For updates go to www.electrahealthclub.com

- Body and Bag:** Sculpt and tone with this combination weight training and cardio-boxing class. Freestanding punching bags are used. BYO gloves or wraps (also available at front desk).
- Cardio Box:** A heart pumping, fat burning, cardio kickboxing class that uses standing punching bags. Challenge every muscle in your body! BYO gloves or wraps (also available at front desk).
- Core Attack/Core Training :**
30-minutes of non-stop movement concentrating on strengthening the core muscles of your abs and back.
- Cross Conditioning:** An intense mix that alternates resistance, aerobic, and core exercises. This class is designed for overall leanness, stamina, and strength.
- Dance:** Hip-hop, jazz, ballroom or Latin-inspired moves incorporated into aerobics format. Instructor carries dance style with each class.
- Indoor Cycle:** A fun, high-intensity workout involving stationary bikes in a classroom setting. Simulates outdoor cycling with different resistance levels on the bike.
- Latin Dance/Zumba:**
Fun and exciting way to burn calories. Move your hips to Latin-inspired dance moves incorporated into aerobics format. No partner needed.
- Plyo and Abs:** A sports conditioning class involving jumps and agility to build strength, cardio and endurance. This class is combined with core work.
- Mat Pilates:** For all levels. Helps to strengthen your core muscles using the Pilates ring and other core training tools.
- Strength Conditioning**
Challenge all your muscle groups with this fun and energetic strength training class. The class utilizes dumbbells and body weight.
- Power Yoga:** A more physically vigorous style of yoga. Emphasizes strength and flexibility.
- Silver Sneakers:** This class is designed to be gentle on the joints for the older active adult. It focuses on improving strength, balance, conditioning and flexibility using resistance bands, dumbbells and weighted balls.
- Silver Sneakers Cardio Circuit:** An advanced class for older active adults. Improves cardiovascular conditioning with non-impact standing choreography alternated with exercises for upper-body strength work.
- Silver Sneakers MSROM:** A beginner class for older active adults. Designed to be gentle on the joints. It focuses on improving strength, balance, conditioning, and flexibility using resistance bands, dumbbells, and balls.
- Step & Core:** For all levels. Helps to jumpstart your metabolism for the day. This class incorporates cardio step intervals and core exercises to get your heart pumping and blood flowing.
- Total Body Conditioning:**
This class burns calories, increases muscle mass and builds endurance using a bit of everything in the "training box". All levels welcome.
- Total Fit:** High intensity cardio workout. A mix of various aerobics and weight training styles including some cardio boxing and step. BYO gloves or wraps(also available at front desk).
- Yoga:** For all levels. Helps to lengthen and strengthen your muscles through a series of poses. Relaxes your body and mind.
- Yogilates:** Combination Yoga and Mat Pilates. Involves lengthening and strengthening exercises in a fast-paced, energetic format.
- Zumba:** See "Latin Dance/Zumba" Above