

# SAC FITNESS CLASSES

**BODY CUT**- This class is designed for improving total body muscle tone and fitness. Class uses barbells, dumbbells, and resistance bands, in a high repetition to low weight format set to music. Work out is low impact to the joints. If you want a full body toning work out this is the class for you. You will be tired at the end and your muscles may be sore the next day

**CARDIO CYCLING & Weights** – One ½ hour Body Cut style exercises to strengthen and tone muscles. ½ hour of cycling is done on special stationary bicycles with weighted flywheels. Program is set to music. You determine the intensity level. All levels of fitness welcome. Class is low impact.

**PIYO** - Pilate / Yoga style exercises to strengthen the stomach, back and shoulder muscles using mat techniques, all levels of fitness welcome. Class is low impact.

**STEP AEROBICS**- Stepping is a cardio vascular work out. The work out is done on step benches that can be set to different heights to change the intensity level. Participants step up and down on the bench in a routine set to upbeat music. The work out is low to high impact depending on the height of your step bench. Participants determine the intensity of their moves.

**TAI KWON DO**- This is a Korean martial art. Our black belt instructor takes you through and teaches you the moves of this great mental and physical self defense art. If you choose to you can go through training and promotion to higher belt levels. You can even train for your black belt. Note: Belt testing fees are not included with your athletic club membership.

**Zumba One** –This is a modern Latin based cardio dance party. Steps are simple and easy to follow. Over time you will learn to embellish the basic moves for a great cardio work out. You will not realize you exercised the dancing is so much fun. Zumba one works on basic dance step foundation. You'll learn meringue, salsa, cumbia, and reggae ton dance steps set to fantastic music.

**Zumba Two** – It's the same Zumba you know and love except this class works on more advanced rhythms; belly dance, flamenco, tango, and samba all set to inspiring musical beats.