

Group Fitness Class Descriptions

Instructors and Classes may change at any time

Please sign up for Cycle, Switching, Kickbox Circuit Express, and F.I.S.T. classes at membership Services

Please read class description for class length & fitness level carefully

Express(EXP) classes are 30 minutes

Questions? Please contact Jenn Edwins at jedwins@mauldinrecreation.com or call the membership service at 864-335-4855

All Ball Sport Circuit- A cardiovascular and strength circuit program using the Bosu, Stability balls, Medicine Balls, Ballast Balls and stabilization training. This class is designed to shape and tone your entire body while pushing your fat-burning system into high gear! All levels of fitness. 60 minutes.

Body Bar Blast- This 30 minute strength training class utilizes Body Bars for a total body toning workout. You will challenge all of your major muscle groups while shaping and toning your entire body. All levels of fitness welcome.

Body Bar/ Bosu- Combines both the body bar and bosu in one great 45 minute strength class. All levels of fitness welcome.

Boot Camp- This high intensity military style class combines specific cardiovascular drills and muscle conditioning exercise using body weight, medicine balls, and track runs. This action packed class will challenge your endurance and strength. Intermediate to Advanced levels of fitness. 60 minutes.

Cardio Crazy- a fitness playground for the cardio crazed! Gliding discs, medicine balls, steps, and wild cardio moves are used to make your playground. Cardio intensity intervals are combined with cutting edge fitness drills and games to create this breathless bash. All levels of fitness.

Cardio Kickboxing/Turbokick- This high calorie-burning workout is easy to learn with no complicated choreography. This empowering class is inspired by a combination of martial arts disciplines and aerobic exercise. Supported by great music, Cardio Kickboxing is sure to give you a fierce workout! All levels of fitness. 60 minutes.

Chair Yoga- This class can help you learn Yoga moves that you can do at home or at the office. Take a break, relax, and stretch your stress away. No sweat, no fuss! Wear your everyday comfortable clothes. If you've never tried yoga...Try Chair Yoga! 45 minutes

Circuit Crazy- this class takes the same old boring weight training and circuit training moves, and adds a whole new twist to them. It will give you a new element of challenge by offering endless options of circuit training. For all fitness levels. 45-60 minutes.

Combat Kickboxing- using light weighted bar and authentic kickboxing techniques, this high energy hour will provide both resistance training and cardiovascular benefits to participants. We focus on proper techniques and conditioning using the weighted bar for defensive and offensive combat! Intermediate to advanced fitness levels. 45-60 minutes.

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[Core-lates](#)- A fusion class that combines core and Pilates type movements in one class. This great workout combines flexibility, strength, balance, core training, and of course relaxation. All fitness levels. 30-45 minutes.

[Core Training\(aka core construction\)](#)- a 30 minute workout targeted for the entire abdominal and back region. Training is focused on technique, alignment and strengthening resulting in improved definition, tone, and strength of your entire core. Stretch segment included. All levels of fitness.

[Cycle](#)- Take the ride of your life in any of our indoor cycling classes. Our instructors will lead you through flatlands, sprints, sandy beaches, mountains, and hills in this 55 minute cardio workout. All fitness levels. Sign-up is required at the Membership Services Desk. If class is in the evening you can sign-up the day of class. If class is a morning (before noon) class sign-up is the evening before or day of class.

[F.I.S.T.\(Functional Intense Strength Training\)](#)- This small group class of 6 participants per Instructor will perform Intense Strength Training Dills for 30 minutes. Each exercise will be performed at high Intensity for a certain period of time. So Intense 30 minutes is ALL IT TAKES! For Advanced Levels of Fitness

[Hatha Yoga](#)- Great for beginners and all levels, this class practices basic yoga asanas (postures) with focus on proper form. Develop strength, balance, flexibility, and relieve stress. Generally referred to as traditional yoga. 60 minutes.

[High-intensity interval training \(HIIT\)](#) -is an exercise strategy that is intended to improve performance with short training sessions. HIIT is a form of cardiovascular exercise which is beneficial to burning fat in a short and intense workout. In this class you will perform high intensity exercises that are low impact. This class is not for beginners! HIT is a lot of fun! Give it a try

[Intermediate Step](#)- A low impact, high intensity step workout for those ready to move beyond the basics. Using a height adjustable step. Intermediate to advanced level. 60 minutes.

[Interval Training](#)- This class needs no description. It is intense filled with intervals for an all over workout of cardiovascular, resistance training. All levels of fitness. 45-60 minutes.

[Kettlebell blast](#)- this fun energizing class uses the new cast iron weights to perform ballistic exercises that combine cardiovascular, strength, and flexibility training. All fitness levels. 45-60 minutes

[Kickboxing](#)- This high calorie-burning workout is easy to learn with no complicated choreography. This empowering class is inspired by a combination of martial arts disciplines and aerobic exercise. Cardio kickboxing is sure to give you a fierce workout! All levels of fitness. 60 minutes.

[Line Dancing](#)- this fun energized class is all about moving and grooving to the latest line dances or it will take you back in time with the oldies but goodies. This class is 45-60 minutes, and is for all fitness levels.

[Pilates](#)- This class incorporates exercises to increase strength and balance. This class is designed to develop core control, agility, and flexibility. All fitness levels. 60 minutes.

[Pilates with Props \(A.K.A Physio Pilates\)](#)- Add the use of fitness circles, stability balls, mini balls, and foam rollers to give your core an extra challenge! All levels of fitness. 60 minutes

[Piloxing](#)- A NON-STOP, CARDIO FUSION OF STANDING PILATES, BOXING AND DANCE THAT WILL PUSH YOU PAST YOUR LIMITS FOR A SLEEK, SEXY, POWERFUL

Piloxing- A NON-STOP, CARDIO FUSION OF STANDING PILATES, BOXING AND DANCE THAT WILL PUSH YOU PAST YOUR LIMITS FOR A SLEEK, SEXY, POWERFUL YOU! Piloxing is a 60 minute class burning 400-900 calories per class. You must be at least 16 years old to take this class. All fitness levels.

PILOXING Barre- is a comprehensive well-rounded workout that is low impact, yet intensity building. This program creates full body awareness utilizing a Ballet Barre for the entire class- both standing and grounded.

PILOXING KNOCKOUT- is the ultimate test of athleticism and the latest release by the world-renowned fitness brand, PILOXING Knockout takes fitness to a whole new level! This killer workout will not only test your endurance to the max, but will push your physical abilities past their limits. This high-intensity, plyometric, functional core-centric program, will conquer obstacles and change your fitness level to points you didn't know your body was capable of reaching.

POUND-POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! All fitness levels.

Power Yoga- A form of Ashtanga yoga designed to tone and strengthen muscles, improve flexibility, and respiration, calm the mind and uplift the spirit. While this class is both challenging and strenuous, it is accessible to ALL levels. 60 minutes

R.I.P.P.E.D- The One Stop Body Shock™ - This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D.— Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

Thus, regular R.I.P.P.E.D. participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes.

Rip-Ride-Recovery- this fun fill energized class fuses cardiovascular and strength training together. Get your heart rate soaring while cycling, and allow your body to recover during by performing great strength training moves! All fitness levels welcomed. 45-60 minutes.

Strength Training- A complete body strengthening program designed to increase definition and tone while helping in the prevention of injury using the principles of resistance training. Hand weights, tubing, medicine balls, step bench, and stability balls used. All levels of fitness. 60 minutes.

Step- A low impact, high intensity workout using an adjustable platform. Intermediate to Advanced levels of fitness. 60 minutes

Silver Fit- Silver fit is designed exclusively for older adults who want to improve their cardiovascular and muscular strength, flexibility, balance, and endurance. Light hand weights, tubing, and a ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises. All levels of fitness. 60 minutes

Switching@ - Don't have much time? Get the best results in a short amount of time! This 30 minute, standing total body workout will allow you to safely and effectively maximize core strength, muscle conditioning and fat-burning benefits of your workout. Sign up is required at the membership services desk up to 24 hours in advance.

Tai Chi- Tai chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind.

Tabata - Tabata training is a form of High Intensity Interval Training (H.I.I.T). You will push yourself as hard as you can for 20 seconds and rest for 10 seconds until you

[Tabata](#) - Tabata training is a form of High Intensity Interval Training (H.I.I.T). You will push yourself as hard as you can for 20 seconds and rest for 10 seconds until you complete eight sets of an exercise. Tabata is a more advance class, and typically only last 20-30 minutes max. Advanced fitness levels. J



[Zumba](#)[®] - A fusion of Latin and international music that combines high energy and motivating music with unique moves and combinations that allow Zumba[®] participants to dance away their worries. Routines will include aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Ditch the workout...join the party! All fitness levels welcomed. 45-60 minutes.



[Zumba](#)[®] **Gold**- The Zumba Gold program targets the largest growing segment of the population: baby boomers. It takes Zumba[®] and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. 45-60 minutes.