

## **GROUP X DESCRIPTIONS**

### **Sanford Shock Group Ex**

Burn is a series of group exercise programs centered around increasing your metabolism in a short-burst style to get the most out of a 30 minute time frame! You will never get bored during this high intensity, low-impact class that emphasizes every aspect of exercise. Our instructors highlight low-impact conditioning, core training, flexibility, strength, mobility, plyometrics and anything else popular in fitness. Best of all it's FREE to all members! Classes run Mon-Fri at noon and 12:45 and extra class times can be added if staff is available. Get a group of 5 or more together and schedule your class today.

### **Cardio-Burn class**

Wednesdays at noon we kick up the intensity with our Cardio-Burn class taught by Toni Schmidt! Toni is a Certified Group-X instructor who will make you move, sweat and pump your way through an intense, action packed 30 minute workout! Classes are Wednesdays at 12:30 in racquetball court #2!

### **Core burn Class**

Tuesday and Thursday nights Roxi takes her class through a wide variety of Yoga and Pilates themed movements! Join her for a structured core routine that is sure to enhance anyone's midsection! Tuesday nights at 5:15 p.m.

### **Rise and Burn**

Monday, Wednesday and Friday mornings have a wonderful option to start your day off right! Whitney will get your metabolism rolling in the right direction with a dynamic grouping of high-intensity, low-impact movements driven by functionality, mobility and proper strength training. Join her at 6 a.m. Monday, Wednesday and Friday!

### **Silver Sneakers: Stability**

Active older adults can join in on this low-impact class centered on motion. Remember, motion is medicine, and Thomas will work with each participant to make sure they are utilizing the proper equipment for their health status. We focus on mobility, flexibility, balance and proper postural exercises to maintain muscle tone, strength and balance! Check the schedule for class times!