

Balanced Basics (AS)

A 45-minute class of low-intensity strength training, low-impact/low-intensity aerobic, and total body flexibility training intended to improve body composition in addition to improving balance and coordination. For all fitness levels seeking a low-intensity, low-impact total body conditioning workout.

Body Flex (AS)

Wake-up to a 45-minute stretch class to increase flexibility in all major muscle groups in the body. Great for any age and fitness level who want to improve flexibility, athletic performance and injury prevention.

Body Sculpt (AS or MP)

60 minutes (*the Saturday 11:30AM class last 45 minutes*) of progressive group strength training using adjustable weights, barbells, dumbbells, bands/tubes, stability/medicine balls for total body shaping and strengthening to increase metabolism, muscle tone, muscle strength and endurance, and to help decrease body fat. **The Tuesday & Thursday 6PM class meets in the 2nd floor multi-purpose room and the Tuesday & Thursday 9AM class and Saturday 11:30AM class meets in the 2nd floor aerobics studio.* For all fitness levels.

Boot Camp (AS)

The ultimate 60-minute full-body workout designed to improve your aerobic/anaerobic capacity, strength level, flexibility, and overall body composition. Includes higher intensity exercises such as sprints, jump roping, plyometrics and various aerobic/anaerobic exercises in addition to total body strengthening. For moderate to high fitness levels.

Cardio Hip-Hop (AS)

This 45-minute exciting, fun-filled class will test your endurance with the latest choreographed hip-hop dance moves. For all fitness levels.

Cardo Kickbox (AS)

A 60-minute class of punching, jabbing, kicking, and shuffling for total body conditioning and for improving hand/eye coordination, agility, and balance. For all fitness levels.

Cardio Muscle Mix (AS)

A 60-minute, moderate intensity class combining 40 minutes of instructor's choice of hi-low, step, and kickboxing movements with 20 minutes of lower and upper body toning and core training. For all fitness levels.

Cardio Salsa (AS)

A 60-minute fun-filled aerobic conditioning class featuring Latin style dance movements. Partners are recommended but not required. For all fitness levels.

Core Fit (AS)

Progressive 15-minute abdominal and low back conditioning. For all fitness levels.

HP 30 & HP 60 (AS)

HP 30 (30-minute workout) & HP 60 (60-minute workout) is a comprehensive total body routine that combines a variety of cardio workouts, weight training, pilates, plyometrics, and stretching routines to not only help reduce body weight and body fat but also to help improve skill, coordination, and balance. Regular attendance is recommended throughout the scheduled 6-week class since the program goes through weekly, advancing stages of exercise. For all fitness levels.

Pilates (MP or EC)

A 45-minute class of body conditioning encompassing balance through core strengthening, proper postural alignment and overall muscle function. **The Monday & Wednesday 9AM class meets in the 2nd floor multi-purpose room and the Tuesday & Thursday 5:30PM class meets in the 1st floor education classroom.* For all fitness levels.

Power Yoga (EC) – For those new to Yoga or just wanting to keep it basic & Power Yoga Plus (EC) – For those wanting a more advanced Yoga workout

A 60-minute class: Power Yoga/Power Yoga Plus is a yoga of discipline and endurance designed to build flexibility, strength, and an inner freedom beyond compare. It also produces intense internal heat and a purifying sweat that detoxifies muscles and organs, resulting in improved circulation, a light, strong body, and a calm mind. The instructor only accepts the 1st 20 participants to arrive to the class. *Classes meet in the 1st floor education classroom.*

SPINNING

Moderate to high intensity, non-impact, group cardiovascular workout performed on a stationary Spinner™ bike that simulates an outdoor ride through hills and valleys. Remember: This is your workout! Spinning™ classes are 45 minutes in duration and cover all types of terrain. Advance reservations are recommended to reserve a bike and can be personally made in the Spinning registration binder located by the 2nd floor aerobics studio. *The Monday & Wednesday 5:30AM classes are 30 minutes in length.* For all fitness levels, however, beginners need to arrive 15 minutes before class to learn proper bike set-up, technique and commands.

Step (AS)

A 60-minute class of moderate intensity step and hi-lo aerobics. For moderate fitness levels and those new to step aerobics.

SUPER STEP (AS)

A 60-minute class of non-stop, advanced step, double step and hi-lo aerobics to high-energy music designed to increase cardiovascular endurance. Only for moderate to high fitness levels and those accustomed to step movements.

ZUMBA

A 45-minute dance class that combines Latin and international music with dynamic, yet simple exercise moves to effectively burn calories, tone all muscle groups, and improve the cardiovascular system. Partners are not needed. For all fitness levels.

Group Fitness Class Policies and Procedures

- Aerobic classes measure intensity through ratings of perceived exertion and the talk test. If you desire to check your heart rate, the instructor will be glad to assist you.
- Regardless of class intensity, instructors will demonstrate modified/lower intensity moves in each class.
- All classes must have 3 or more people to begin the class.
- Children must be at least 13 years of age and have direct adult supervision (18 years & older) inside the room to participate in any group fitness class.
- Children 12 and younger are not allowed in the room while the class is being taught. Instead, they care be cared for in the childwatch center.
- The aerobics schedule is updated every 6-8 weeks (see aerobics schedule for specified dates). All classes are subject to change based on class participation and instructor availability. All classes that do not average a minimum of 6 participants over the scheduled 6-8 week period will be cancelled for the upcoming schedule.
- Arrive to class in enough time to set up any equipment and be prepared when class begins.
- Stay for the duration of the class. Warm-up and cool-down are an important component of any class.
- Inform your class instructor of any special medical conditions or injuries.
- Turn off or silence your cell phone during class.
- Please wait until the previous class has exited the room before entering for the next class.
- Spinning class policies/procedures and reservation book are located outside of the spinning room.
- If you have any questions or comments, please contact Fitness Director Patrick Conn @ 601-925-7900 or at pconn@mbhs.org