

Balanced Basics

A 45-minute class of low-intensity muscular strength and muscular endurance conditioning, low-impact aerobic conditioning, and total body flexibility conditioning. For all fitness levels seeking a low-intensity, low-impact total body conditioning workout.

Body Flex

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

60 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. For all fitness levels. **The Tuesday & Thursday 6PM class meets in the 2nd floor multi-purpose room, and the Tuesday & Thursday 9AM class meets in the 2nd floor aerobics studio.*

Boot Camp

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

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

Cardio Muscle Mix

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

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

Core Fit

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

Pilates / Sunrise Pilates

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

Power Yoga

A 60-minute class: 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. For all fitness levels. *The instructor only accepts the 1st 20 participants to arrive to the class. Class meets 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.

For all fitness levels, however, beginners need to arrive 15 minutes before class to learn proper bike set-up, technique and commands.

Step & Kick

A 60-minute class of moderate to high-intensity tae box, kickboxing and step movements with the addition of flexibility training. Burn calories and get that great upper & lower body workout. For moderate to high fitness levels.

Step & Sculpt

A 60-minute class of intermediate step patterns plus upper body strength training conditioning. For moderate to high levels of fitness.

Super Step

A 60-minute class of non-stop, advanced step, double step and hi-lo aerobics to high-energy music designed to increase cardiovascular endurance and lower body muscular 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.

- ✓ 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) to participate in any aerobic/spinning class.
- ✓ 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.
- ✓ If you have any questions or comments, please contact Fitness Director Patrick Conn @ 601-925-7900 or at pconn@mbhs.org