**SOMERSET SPORTS AND FITNESS**

**CLASS DESCRIPTIONS**

The following class descriptions are written by each individual instructor to give participants a chance to see the class format:

**“80’S STEP AEROBICS” WITH KELLY”:**

Go back 30 years ago when Step Aerobics was all the rage! 80’s Step Aerobics will allow you to learn how to use an Aerobic Step at the height that is comfortable for you. The 80’s-style music will stay at a constant beat to help you keep your workout safe, calorie-burning efficient and effectively fun! Since we will be doing “true” Step Aerobics (before it got really dancey, jumpy and way too fast), any one that can step up and down can do this as a great workout! At times, we will add some light weights to create a weighted move to help burn just a few more calories. Repetitive movement will allow even those “step-challenged” to “get it”! Feel free to wear your “Leg Warmers”…but no Thong Leotards PLEASE!!!!!!!

**“YOGA WITH LIDI”:**

I would like to share with everyone a Yoga experience as I have been taught in China. My classes will give students a basic to intermediate understanding on Yang Yoga using Hata, Flow and Astana styles. Proper body alignment and breathing techniques while doing postures and sequences will be emphasized. Yang style helps strengthen muscle along with improvement in posture, flexibility and balance. Yin Style Yoga will take us through relaxing postures that are held for up to 5 minutes. Unlike Yang style that helps to strengthen and stretch muscle tissue, Yin style allows the muscles to relax so connective tissue such as ligaments and tendons can be stretched allowing better Chi flow – a truly beneficial and relaxing experience. In time, I hope to bring everyone to a meditative state so we can all truly appreciate the benefits of Yoga. The Flow Class and the Hatha Class are both taught in a heated room.

**“YOGA WITH PEGGY”:**

Peggy Hamilton is a Certified Yoga Instructor. She has been teaching Yoga for over 10 years. Her classes focus on body alignment using the breath and balance within each pose. She incorporates some QiQong in each session to encourage body/energy awareness.

**“BOXING CONDITIONING WORKOUT WITH KEVIN”:**

This class consists of learning various punching techniques, kicking and the use of knees and elbows and small joint manipulation. Also, the technique of how to take an opponent to the ground for control is also taught. The teaching format of this class allows people to decide what they are looking for in the class. This class is designed around having fun and learning self defense techniques. There is no experience needed to join this class.
“BIKE CLASS WITH JENN”:
Classic Rock and Roll Music and an “I’M GOING TO KICK YOUR BUTT” attitude!

“KELLY’S SPINNING CLASSES (or …..”GET IT OUT OF YOU”!):
1. Usually one hour long. 2. Always done in Black Lighting. 3. Music can get a bit loud. 4. Instructor can get a bit loud. 5. The end of the class is sure to make you believe that: a) something is just not quite right with the instructor, and b) you got a helluva workout.

“SPINNING WITH SCOTT”:
~Class mixes a variety of fast spinning, hill climbing and upper body workouts~Music is from the 60’s, 70’s and 80’s will mostly be played~The length of the class is 45-50 minutes~Class structure ranges, depending on average class experience level~This class is good for any level of experienced rider.

“CYCLING WITH JESS”: My class is fun and upbeat with great music to get you moving! Geared to all abilities with lights off and blacklights so you can be in your own zone (…and no one can see you!) This class will get your heart pumping and burn major calories!

“HATHA YOGA WITH ARLEEN”:
This class focuses on strength and endurance through standing poses, seated postures, forward bends and gentle back bends – with an emphasis on posture, alignment, and body awareness. As you practice yoga, you learn to listen to your breath during movement and while holding poses; this helps to calm and revitalize the nervous system. Yoga class always ends with breathing and relaxation techniques. The instructor gears the class towards students who are present.

“JENN’S POWER CARDIO AEROBICS CLASS”:
A total workout, incorporating cardio and weights. Continuous movement while using weights (you choose – light, medium, or heavy). High repetitions help burn fat and lead to greater muscle endurance and cardiovascular fitness. This class is for ALL levels of fitness, because everyone works out at their own pace.

“FIT FOR LIFE CLASSES WITH KELLY”:
This class is a very unique, low impact and extremely motivating for anyone who to wants to be fit for life, regardless of age or ability. It is a one-hour class designed for those of us who need to exercise with or without the assistance of a chair. The cost for this class is $25 per month or is included in your membership – your first visit to this class is free! Each class is different as there are just so many fun exercises to do – we encourage rest breaks and water breaks – but we do work on endurance going from one move to the next. Functional exercises are a big focus in this class. Give it a try …. And bring a buddy!
“ZUMBA WITH SUSIE”:
My ZUMBA Class is a Latin-inspired dance fitness party which combines invigorating rhythms as well as Pop music, etc. Whether you are a beginner or more advanced, I will demonstrate different moves in order to benefit all levels. You will have a blast and find it so easy, effective, and exhilarating that you will be looking forward to the next class. Come and join in on the fun as you will notice a change with positive results – a great workout for mind, body and soul.

“ZUMBA WITH KELLY”:
As a certified ZUMBA instructor, I understand the huge draw to this fitness class – the Latin-inspired music, the fun movements, and the effective way you combine the moves, all add up to one of the most intense (and sweaty!) workouts that I have ever taught or taken part in. WARNING: Once you enter the party, there is no telling what you might want to shake!!!!

“THE SPARTACUS WORKOUT”:
The Spartacus Class is a very empowering class for men and women. The Class is only offered at certain times throughout the year, since it should be done with adequate periods of rest between sessions. The content of the class is simple – we start with 2 or 3 moves to warm the body up – not dancey or rhythmic – just an overall body warm up. After the warm-up, we do a series of 10 to 11 MUSCLE CONFUSION exercises. Each exercise is performed for one minute, followed by a 30-second rest of walking/jump roping/jumping jacks. Weights and ropes are used with a combination of highly effective cardiovascular moves. There is a walking and jogging session in the parking lot in between each set. It does not matter how many reps you do of the exercise in one minute – one is better than none. You are working constantly at your own pace.

“ZUMBA WITH HILLARY”:
A fun one hour workout! Latin-inspired music and movements to burn calories! Come join me for a cardio workout that will leave you energized and wanting to come back for more!

“30 MINUTE ABS/CORE WITH ARLEEN”:
This is a true core workout. Based on old school strengthening moves for the core, join Arleen for a 30-minute class especially designed for all levels.
“INSANITY WITH CHAD”:

Are you crazy enough for Insanity? Join certified Insanity instructor, Chad White as he puts you through the most intense workout ever put on DVD. Insanity will push you past your limits to get the best results that you have ever had. With this max interval training, you work in 3 to 5 minute blocks with quick recovery breaks, just long enough to gasp for air! Through this entire workout, you will be pushing your body to its maximum capacity by working harder than you have ever worked before. Until you experience it for yourself, there’s no way to describe how it feels to watch your body transform; you won’t need a mirror to know what’s happening to your body because you’ll feel it. If you want to be in the best shape of your life, join my Insanity class.

“FITNESS CHALLENGE WITH LES”

A COMBINATION OF CARDIO AND WEIGHTS THAT WILL BRING YOUR FITNESS TO A NEW LEVEL. WE HAVE A DIFFERENT SET OF WORKOUTS EVERY CLASS, WITH BOTH INDIVIDUAL EFFORT AND TEAM CHALLENGES. JOIN US AND LEARN THAT YOU CAN DO MORE THAT YOU THOUGHT YOU COULD.

“PUMP!!!” WITH Chad, Hillary, Jen and Kelly

“PUMP!!!” is a barbell workout for EVERYONE that will sculpt, tone and strengthen your entire body, FAST!!!! Using low weights and high reps, you will burn fat faster and gain strength, resulting in leaner muscles. PUMP!!! challenges all of the major muscle groups, while you squat, lift, press and curl.”

A Typical Class:
- Improves your strength
- Improve your general fitness
- Shape and tone your muscles
- Protect your bones and joints from injury
- Get into shape fast
- Feel confident

The Basic Yoga Workout with Chad

Yoga is a very personal practice and individual journey for everyone who steps onto the mat. Everyone has their reason; some people use it as a form of exercise, for some, it is a time of introspection and meditation and others as a form of social enrichment. No matter what gets you on the mat, remember it is an uplifting practice that promotes physical health and mental wellbeing. In this basic yoga class, you will develop a good foundation with introduction to basic yoga poses, breathing techniques and overall personal awareness.
BOOT CAMP INSTRUCTORS CHOICE CLASS
WITH CHAD

Join group fitness fun and experience a sizzling hot new work guaranteed to jumpstart your fitness goals. With a combination of cardio and resistance training, with focus on correct technique and form, you will proficiently maximize your workout to get the results that you want. This class is for all levels of fitness as it includes modification for beginners, and challenges for everyone. Every class is different than the previous one and will have you coming back for more!

Examples:
WEEK 1: “TRI THIS OUT”
15 minutes of spinning, 15 minutes of rowing, 15 minutes of running, jogging, or walking
With a warm up and cool down
WEEK 2: “HELLS BELLS” Kettlebell Workout
18 Thrusters, 14 Kettlebell Swings, 12 Goblet Squats, 4 Turkish Getups, Floor Sprints
5 Rounds!! with a warm up and cool down

Ashtanga Yoga with Lidi
PLEASE NOTE: Ashtanga Yoga is not for Beginner Yoga Practice. Ashtanga is appropriate for folks that have at least one year experience practicing Yoga. Lidi has just completed a 30-day class in China with John Scott who is a renowned Ashtanga Yoga Practitioner. Please join Lidi for this 90-minute advanced Yoga Class.

“CYCLE AND SPIN WITH SHERRY”
Fun upbeat class with black lights for every ability! We will focus on effective pedal stroke and proper form. Interval training with short recovery to increase fitness levels. My goal is for you to have a fun and challenging class with hills and intervals to gain quick recovery skills, build strength in your legs, heart, core and lungs!
YOUR FITNESS CHALLENGE !!!
With Sherry

Are you new to exercising? Or, have you been working out for years? Do you want to maximize your calorie burn? Do you want to challenge yourself?????
THEN THIS IS THE CLASS FOR YOU!!!!!!!!!!

9AM FITNESS CHALLENGE CLASSES: Class time will range from 1 – 1 ½ hours. We will start the class with a 15-minute group cardio warm up. Next, you will choose an exercise station. Each exercise is done for 1 minute, followed by a 30 second recovery time. YOU CAN DO ANYTHING FOR A MINUTE! Every exercise station can be modified to fit your fitness level. This class will consist of a minimum of 15 stations, followed by a 10 to 15 minute core workout and stretching. Station exercises will change weekly.

4PM 45 MINUTE FITNESS CHALLENGE CLASSES: Class time will be 45 minutes. We will start this class with a 5-10 minute group cardio warm up. Then, you will choose 1 exercise station out of the 15. Each exercise station is done for one minute followed by a 30-second recovery. YOU CAN DO ANYTHING FOR A MINUTE!!!!! Every exercise can be modified to your fitness level. We will finish the class with a 5-10 minute core workout and stretching. The stations in this class will change weekly.

Sherry’s
TOTAL BODY PUMP
30 MINUTE WEIGHT LIFTING WORKOUT
Are you interested in weight training?
Do you need help with form or motivation?
Do you have 20 minutes?

This full body workout will burn calories, and shape and tone your entire body in just 20 minutes. You will perform each exercise with YOUR maximum weight amount that you can lift for 1 minute. Then you will move to the next exercise. 20 minutes and you are done!

TABATA –STYLE CLASSES/E.M.O.T.M. Classes
When you see a class designation as “Tabata”, you can count on doing short spurts of work, followed by shorter spurts of recovery. These sets are usually 20-30 seconds in duration, with a short 10 second recovery. 4 to 8 sets can be done. In most cases, these classes are 30 minutes to 45 minutes in duration.

E.M.O.T.M. means Every Minute on The Minute – this class is generally around 32 +/- minutes long. You are given an exercise to do and a number of reps to get done in one minute. Once you get the number of reps done, you get to rest until the next minute starts, with a new exercise. Don’t get the reps done – no rest!!!!!!
ROWING CLASSES

We are excited to offer Rowing Classes. Generally, a Rowing Class is no longer than 30 minutes in length. Rowing Classes are an excellent cardiovascular workout; an aerobic workout that is kind to your joints.

Rowing Classes are taught by Chad, Kelly and Monique. WHAT'S ROLL THE DICE ROWING? A fun way to get your meters in – roll the dice and the number you get is the length of your rowing work time!

30 minute Jump Rope Burn and Firm with Monique

With proper instruction, you can jump rope and reap the benefits! Proper instruction on how to jump rope will be given in this class, and short spurts of jumping rope with weighted resistance training and body weight training, will give you that burn and that firm that you want!

POUND with Hillary

POUND is a full body cardio jam session, combining light resistance with constant simulated “drumming”. The workout fuses cardio, Pilates, strength movement, plyometric and isometric poses. Through continual upper body motion using our lightly weighted exercise drumsticks, called Ripstix (we will provide the sticks), you will turn into a Calorie-Torching Drummer POUNDing off pounds as each song flies by!

Tai-Chi and other internal martial arts with Glenn

Internal martial arts can be done by people of any age or fitness level. Working the mind as well as the body at the pace and intensity set completely by the person doing it, these different forms of moving meditation increase circulation, energy and flexibility while reducing stress and high blood pressure. A positive mind and the humility to learn something new is all that is required to gain great benefits from the study of these ancient arts.

Sifu Glenn Broadley has been practicing internal martial arts since 1989 and is very excited to bring this discipline to the members of Somerset Sports and Fitness center. Internal martial arts can work well as a sole work out or enhance any fitness routine already established.

Pranayama (Control of Breath Class) with Lidi

This 30 minute class is one of the proven ways of calming the restless mind and invoking the right mood for concentrating, which is so necessary for the practice of meditation.
CYCLE/SPIN WITH MARIE

Join Marie for a great ride! As a certified instructor of Spinning, Marie has put together some great music and moves to give you a great workout. Great instruction and motivation is always found at Marie's classes!

CHAIR YOGA WITH KELLY

Yoga does not have to be done on the floor to benefit from the stretching and overall health benefits that this practice can bring. Join Kelly for 30 - 45 minutes with some basic stretching and breathing exercises done in and with the assistance of a chair. This class is designed to relax you, let you unwind and leave you feeling invigorated.

Stickz

High energy hybrid class combining the fun dance moves of a ZUMBA class with the rhythmic drumming of a POUND class! Adaptable for all ages & stages with easy to follow choreography (even if you aren’t a Rockstar!). Come Shake, Strike and Sweat with Megan!

~June 2018