

# Class Descriptions

<p>"To create the most enjoyable, results driven atmosphere."</p>	
<p><b>Abs Blast</b> (15 min)</p>	<p>Who doesn't want great abs? Get 15 minutes of various abdominal exercises in this class. <b>**ONLY at Mesa location.</b></p>
<p><b>AQUA DYNAMIC</b> (45 min)</p>	<p>AQUA DYNAMIC is a 45 minute interval based aquatic class. It combines endurance and muscle strengthening exercises using the resistance of water! The movements are extremely effective due to a variety of options which will enable you to get results whatever your age or ability. <i>Aquadynamic MAX is the same great workout, but with 2 additional songs.</i></p>
<p><b>Aqua Fit</b> (60 min)</p>	<p>A great, motivating aquatic exercise class incorporating all levels of fitness. You will not only work your muscles in the class, but your heart as well. A great workout for the mind &amp; body. Additional equipment, such as water noodles and balls may be incorporated into this great workout.</p>
<p><b>Aqua Sculpt</b> (60 min)</p>	<p>An aquatic workout designed to increase muscle tone &amp; definition, flexibility and improve posture. Exercises performed in the water have 12 times the resistance as when done on land! Additional equipment, such as water noodles and water buoys may be incorporated into this great workout.</p>
<p><b>BODYATTACK</b> (60 min)</p>	<p>BODYATTACK™ is the simple, sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. Options are given for all fitness levels. <i>BODYATTACK LITE: Same great class, same great moves, same high energy! Done all low impact. Great for all fitness levels!</i></p>
<p><b>BODYCOMBAT</b> (60 min)</p>	<p>BODYCOMBAT is The Workout With Punch. It is a high-energy cardiovascular training class that combines moves from a wide range of martial arts disciplines. Bodycombat allows you to punch and kick your way to increased fitness levels. The class improves fat burning potential, muscle coordination, strength, flexibility and agility. Bodycombat is suitable for anyone who wants a challenging and athletic class.</p>
<p><b>BODYFLOW</b> (60 min)</p>	<p>A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century. BODYFLOW brings mind and body into perfect harmony. Try this revolutionary holistic approach to fitness.</p>
<p><b>BODYJAM</b> (60-70 min)</p>	<p>BODYJAM is the cardio class set to the latest music blended with the sensation of movement. With the emphasis as much on having fun as breaking a sweat, BODYJAM is an addictive fusion of dance and cardio moves. Unsure of the dance moves? Don't worry! EVERY class starts with a short technique session to help you get the most out of your workout and burn more calories!</p>
<p><b>BODYPUMP</b> (60 min)</p>	<p>A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness classes.</p>
<p><b>BODYSTEP</b> (60 min)</p>	<p>BODYSTEP is the ultimate way to give your body a high energy cardio blast and tone the hips and thighs. With over 2,000 steps per session you'll see results in record time. Get in step with one of the best fitness classes the world has to offer.</p>
<p><b>Cinema Ride</b></p>	<p>Is your workout time in the afternoon? Then come enjoy a free ride in the RPM room while enjoying a movie. Two new movies start on the 1st of every month. This is a free ride with no instructor present. (*NA at Mesa location)</p>
<p><b>Family Swim</b></p>	<p>Bring your kids &amp; come splash around in our pool. We'll even bring out water toys. It's a great way to spend quality time with your family. All ages welcome. <b>Parents MUST be with children at all times.</b></p>
<p><b>GPT</b> (45 min)</p>	<p>A conditioning class comprised of strength training, plyometrics, kettle bells and core training designed to challenge and assist you through plateaus and get you in peak physical condition. With a class ratio of no more than 10 clients at a time, you are sure to get individualized instruction and proper form correction.</p>
<p><b>GPT-Basic</b> (45 min)</p>	<p>A prerequisite for GPT. Small group training designed to introduce you to the basics and training principles of Group Personal Training such as self discipline, accountability and consistency.</p>
<p><b>GPT-X</b> (35 min)</p>	<p>The TRX suspension training system will give you the most effective resistance training ever. We eliminate free weights by turning your own body into a machine and engaging your core 100% of the time. With a ratio of 2 instructors for up to 8 clients, you will experience resistance training that you won't get anywhere else.</p>
<p><b>GROUP ACTIVE</b> (60 min)</p>	<p>Activate your life in only one hour! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength, and improve your balance and flexibility. Get more out of life, Get Active!</p>
<p><b>Joints in Motion</b> (45 min)</p>	<p>This is an intermediate level aqua class with approximately 25 minutes of cardiovascular training followed by strength and range of motion exercises. Both beginner and intermediate levels will be demonstrated.</p>
<p><b>rpm</b> (45 min)</p>	<p>Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive. <i>RPM MAX is the same great workout, but with 2 additional songs.</i></p>
<p><b>Silver Flipper</b> (45 min)</p>	<p>Fun exercises performed in the water designed to improved daily living and functional activities.</p>
<p><b>The Silver Sneakers Fitness Program</b> <b>Muscular Strength</b> (45 min)</p>	<p>Move through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living. Hand held weights, elastic tubing, and a ball are offered for resistance; and a chair is used for seated and/or standing support.</p>
<p><b>The Silver Sneakers Fitness Program</b> <b>Cardio Circuit</b> (45 min)</p>	<p>Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.</p>
<p><b>Swim Lessons</b></p>	<p>Lesson times vary. Please call Waterworks On Wheels for more information at (480) 461-3888.</p>
<p><b>Total Body Workout</b> (60 min)</p>	<p>This class will make the most of your time. Enjoy a variety of cardiovascular work and muscle toning. By doing both types of exercises, your body will work more efficiently to burn fat and your metabolism will increase. <b>**ONLY at Mesa location.</b></p>
<p><b>Water Volleyball</b></p>	<p>A drop in class that is FREE to all members. We provide the net and ball, you bring the fun!! This is a NON-COMPETITIVE class. Grab a card at the front desk and join in the fun! <b>**ONLY at Gilbert location</b></p>
<p><b>ZUMBA FITNESS</b> (60 min)</p>	<p>A fusion of Latin and International music, this class combines high energy and motivating music with unique moves and combinations that are not only fun, but easy to do. Join the Party!</p>