

Summer 2012: Bearobics Class Descriptions

Instructor	Class Name	Class Description
Abi/Hilary	Yoga	American Yoga combines the physical strengthening and flexibility improving components of Ashtanga and Vinyasa yoga. It also helps to release stress and tension. Enjoy a more toned and relaxed you!
Sue	Aquacise	Enjoy an hour of water aerobics! Burn calories while experiencing a low-impact workout that uses water resistance to tone your body!
Tanou	Boxing & Conditioning	The primary goal of these classes is to prepare your body for its most vigorous demands. You will develop speed, endurance, flexibility and technique as we focus on core strengthening and basic boxing fundamentals. All it takes is all you've got!
Kenda	Cardio Fusion	Need a quick workout on your lunch break? Join us as we blast the lunchtime lull away with cardio circuits guaranteed to get your heart rate up and metabolism burning! Each class will always feature some core work, strength training, and of course...cardio!
Shawna/ Abi	Pilates	This class uses a mat and a yoga ball to target all areas of your body. Although Pilates focuses primarily on stretching and core work, you will feel it working the rest of your body as well. Come out and see why Pilates is one of the fastest growing workout trends!
Amy	Zumba	Burn TONS of calories while dancing to fun music with Amy
Christina	Zumba	This Zumba class crosses musical genres for high-impact cardio and includes toning to give a full workout experience.
Kat	Zumba	Zumba is for anyone who wants to improve their endurance, balance, coordination, and tone their bodies. The infusion of Latin rhythms, modern dance, and fitness, make it challenging and FUN unlike any other exercise program. Come check out this unbeatable energy-packed hour of exercise!
Kat	Pump It!	A great combination of strength training and core stabilization. Get ready to sculpt your body and see results!

Summer 2012: Bear Cycle Class Descriptions

Instructor	Descriptions from the Instructors
Grayson	Feel the burn as you sprint and climb your way to a higher fitness level! You will get a great hour long, cardio workout that is perfect for those who want to cross train, lose weight, or stay in shape. Work hard and get first-class results!
Kenda	Get out of bed and start your day off the right way! Join me as we jump start your metabolism by pedaling our way through a 45 minute workout that will elevate your heart rate to maximize fat burn and increase your endurance and strength. Stop hitting the 'snooze' button and start being the healthy version of you!
Megan	This class is full of upbeat music, and a variety of different exercises on the bike. Whether it is sprints to get your heart rate up, climbs to tone muscle, or anything between, you are guaranteed a great workout!
Kat	Are you ready to get fit, sweat or tone your muscles? Join me for an upbeat workout that will get your heart pumping in a fun filled hour!