

# SHASTA ATHLETIC CLUB CLASS DESCRIPTIONS

Group Exercise classes included with membership

**KF** – These classes are “Kid Friendly”. Children under 14 are welcome and must be accompanied by an adult.

**Aquacise** - Great classes for the young, old, physical therapy patients, and expectant mothers. Water works as a resistance to tone while buoyancy offers safety and relief from the pull of gravity. Want to cross train? Water aerobics enhances your cardio and strength training program.

**BODYPUMP** – This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for- and fast!

**BODY SCULPT** – Here is a mix of cardio through step work, weights, working every muscle group and body weight movement for a complete body toning experience.

**FLEXIBILITY**--Keep your muscles long and lean and increase your range of motion with a mix of Yoga, Pilates, and balance training.

**FLEXIBLE & STRONG**-Start your day feeling great with this “Low impact” total body workout geared for those that require a less intense yet challenging workout. This class combines cardio, strength training, and flexibility. Our goal is to increase your oxygen and blood flow, strengthen and challenge your muscles, and gently stretch to relieve stress and tension.

**Fun&Motion** –This low impact class is designed for special populations in mind. Participants have the opportunity to be introduced to cardiovascular step training, weight & circuit training, balance, yoga, flexibility and simple dance moves. We emphasize exercises that will help make everyday movement easier.

**\*\* FUSION**-This is a class for every level of the Yoga interested participant. This class is designed to work everything including; stretching, balance, flexibility, and strengthening.

**Pilates** - A joint friendly style of body work that builds a powerful "core". Emphasizing the breath, Pilates tones the whole body, builds long lean muscles.

**PIYO**–Combines the muscle-sculpting benefits of pilates with the strength and flexibility of Yoga. High intensity and low-impact to burn crazy calories!

**Silver Sneakers**-Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ballis alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

**SPIN**- If you like to bike, grab a seat and join in. Suitable for all fitness levels- you control the resistance. Our qualified instructors will take you on a wild ride designed to give you a cardio workout and sculpt the lower body.

**Stretch the Limits**- 45 minutes of stretching to increase flexibility and ease muscle tension.

**Yoga** –Stretch and strengthen joints, spine, and muscles. Increase your range of motion. Send blood and oxygen to glands, organs, and nerves.

**Zumba** - Ditch the work out and join the party! Zumba is a Latin based aerobic dance class that is a fusion of salsa, meringue, hip hop, belly dancing and more! Zumba Express It's the same party and it may not last as long but you'll get your cardio fix in 45! (KF)

**Zumba Toning**-When it comes to getting in shape, Zumba® Toning raises the bar (or rather the toning stick) with a class designed for the more hardcore Zumba participant. It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-burning, strength-training dance fitness-party.

## ASK ABOUT OUR FITx TRAINING PROGRAM!

CONTACT OUR FITx TEAM

530-241-7711 EXT 306

### Club hours of operation

Monday through Thursday 4:30am –10:00pm

Friday 4:30am – 8:00pm

Saturday 6:00am-8:00pm

Sunday 7:00am – 7:00pm

### Membership hours of operation

Monday through Thursday 8:00am – 7:00pm

Friday 8:00am-4:00pm

Saturday until 1:30pm

Sunday until 2:00pm

### Childcare hours of operation

Monday through Thursday 7:30am – 11:00am

4:00pm – 7:30pm

Friday 7:30am – 11:00am

Saturday 8:30am – 12:00pm

Sunday Closed

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