



NAUTILUS

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO FORMATS

CLASS	LENGTH	LEVEL	DESCRIPTION
First Step (FS)	45 min	I	A friendly and non-intimidating beginner step class. Great place to start if you want to learn the skills & terminology for step and get a great workout.
Step Basic (SB)	45 min	II	An intermediate level step class that offers some challenging step skills and patterns, but not too much. The perfect mix of fun and intensity.
Power Step (PS)	45 min	II & III	For individuals who want a more challenging step class. The intensity is similar to step basic, but the step skills are a bit more complicated.
Power Cycling (PC)	45 min	II	Climb, sprint, steady-state, lifts! This 45 min. cycle class is sure to make you sweat and burn calories!
Super Cycle (SC)	60 min	III	Similar to PC, but longer in length. This is our most advanced cycling class in terms of skill and endurance. Not recommended for beginners.
Cardio Express (CE)	30 min	II	30 minute cardio format utilizes a variety of equipment such as BOSU's, gliding discs, jump ropes, steps, and traditional hi/low aerobics.

COMBO & INTERVAL FORMATS

CLASS	LENGTH	LEVEL	DESCRIPTION
Cardio Kickboxing (CK)	60 min	II	Experience martial arts in a fitness format. Jab, kick, punch! Fitness kickboxing is fun and effective!
Best of Both (BOB)	60 min	II	Half step, half total body conditioning. Get the best of both in this one hour class!
Cardio/Strength Camp (CSC)	60 min	II & III	If you like variety and an <i>athletic</i> based class, this one is for you! Alternating bouts of 4 min. cardio (instructors choice: cycle, step, etc..) with 4 min. of

strength.

Keep Moving (KM)	60 min	I	A total body workout for beginner levels that includes a good balance of cardio and strength.
Rock Bottom Cycle (RBC)	45 min	II & III	Power cycling with intense intervals targeting the lower half

DANCE BASED FORMATS

CLASS	LENGTH	LEVEL	DESCRIPTION
Zumba ®	60 min	All	A fusion of Latin and International music and dance rhythms, creating a dynamic, exciting and effective fitness class! Ditch the workout, join the party!
Zumba ® Toning	30 min	All	A Zumba® class that incorporates light resistance equipment, designed to improve muscular fitness.
Nauti-Bodies (NB)	45 min	All	A fun alternative to the traditional aerobic class that delivers a lot of sexy & sassy, yet classy moves. All the DIVAS in the house are encouraged to “strut their stuff.”
Belly Dancing (BD)	45 min	All	Middle Eastern inspired dance that is creative, fun, and sculpts the body!

STRENGTH & BODY SPECIFIC FORMATS

CLASS	LENGTH	LEVEL	DESCRIPTION
Body Blast (BB)	60 min	All	Experience the benefits of resistance training in a group fitness format! This variable weighted barbell class is a long time favorite of our members!
Buns, Thighs & Hips (BTH)	15 min	All	A conditioning class for your entire lower body. This one is short, but you’ll love the results!
Awesome Abs (A)	15 min	All	No one likes doing abs alone. Our music and exercises will motivate you to improve strength and the look your abdominal region.
Killer Core (KC)	15 min	All	15 minutes of killer core exercises!
Total Body Fusion (TBF)	45 min	All	A great total strength workout that combines the use of a variety of equipment, including the gliding discs, stability balls, BOSU’s, & medicine balls.

MIND BODY FORMATS

CLASS	LENGTH	LEVEL	DESCRIPTION
Fitness Yoga (FY)	45-60 min	II	Connects the breath with yoga postures in a Vinyasa flow style. Improves balance, flexibility, strength and endurance, decrease stress and enhances well-being.
Power Yoga (PY)	90 min	III	Advanced postures practiced in a vinyasa flow style. Not recommended for beginners.
Pilates (P)	45 - 60 min	II	A series of exercises based on the work of Joseph Pilates designed to enhance core strength and improve body alignment.
Yoga Stretch (YS)	45 min	All	A relaxing stretch class that incorporates deep breathing with traditional stretches and yoga postures.

SPECIAL POPULATIONS

Silver Sneakers® (SSN)	45 min	I	Healthway's national fitness program designed for mature active adults. Improves endurance, strength, balance, and flexibility.
Kids in Motion	45 min	5-11 yrs	For kids ages 5 – 9 yrs action packed with a variety of fun and exciting physical activities & fitness games. ** extra fee
Junior Fitness	60 min	10-14 yrs	An introduction (activity and education) to fitness for your pre-teen that includes strength, cardio, and flexibility training. ** extra fee
Zumbatomic™	45 min	5-12 yrs	A fun-filled dance fitness class for kids that incorporates easy to follow international rhythms while improving fitness. ***extra fee