

# MSC Group Exercise Class Descriptions

- **Advanced Water Interval**- This class is ideal for cross training, higher intensity than Water Interval for the more advanced exerciser. A great combination of cardio, interval and circuit training.
- **Arthritis Aquatics (AFAP)** – This program, sponsored by NJ Chapter of the Arthritis Foundation, is designed to help relieve the pain and stiffness caused by arthritis while providing a fun, social opportunity in the pool.
- **Boot Camp** – Not for the timid, join us for this athletic workout combining intense cardio and strength intervals for total body conditioning.
- **Cardio Pump** – This intense cardio workout is a combination of Boot Camp, Step and Hi-Lo that help define your muscles and increase your cardio capacity.
- **Chisel** - Pick up the weights and start molding that body into a work of art. This is a non-impact workout using a combination of free weights, band, balls and step. No experience necessary. Added to a cardio or floor class, it's double the calorie-burning!
- **Cycling** – In this non-impact, high-energy, 30- or 60-minute indoor stationary cycling class, the instructor takes you through an outdoor workout complete with hills, valleys and long, flat roads.
- **Cycling Interval**- Combining a cardio workout with intervals of weight training give you a full and beneficial workout. This 60-minute class finishes with a focused interval on abs and chest. (Weights are located at the top of the steps.)
- **GROUP CENTERGY®** – Redefine yourself. Grow longer and stronger as you explore this 60-minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy.
- **GROUP KICK®** – Bring it on! This electric 60-minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out!
- **GROUP POWER®** - Your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results; discover Group Power!  
\*\*\* Please arrive 10 minutes early to all Group Power classes to set up your station. Classes will start promptly at the time indicated.
- **KidsFit** – Get the 12 and unders moving by performing non-choreographed exercises like running and jumping and balancing and using the special-designed hydraulic kid-sized training equipment.
- **Pilates** – This matwork class creates a completely balanced form by improving posture and flexibility while gaining strength, especially in the core muscles.
- **SilverSneakers®** – This program targets primarily the 65 and older group with activity levels ranging from active to semi-sedentary. Seated exercise on chairs with bands and light weights.
- **SilverSneakers® Cardio Circuit** – Increase your cardiovascular and muscular endurance power with a standing circuit workout. A chair is offered for support. Ideal for the over 65 group.
- **SilverSneakers® SilverSplash®** - Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special props are used to develop strength, balance and coordination.
- **SilverSneakers® YogaStretch** – Designed to move your whole body through a complete series of seated and standing yoga poses to increase flexibility, balance and range of motion, this class is designed for the over 65 group.
- **Water Interval** – The water used as resistance places less stress on the body's joints than traditional aerobics. Interval training builds cardiovascular endurance, balance and coordination.
- **Yoga** – Gentle, relaxing movements progressing into long, active stretches and poses with breathing techniques designed to increase flexibility and confidence.
- **Zumba®** - Zumba choreography is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness workout system that challenges your body.

**Unless otherwise noted, all workouts can be tailored to all fitness needs. Instructors offer modifications for all impact and intensity levels.**