

# Milpitas Sports Center Class Descriptions

All fitness programs are designed for adults, ages 18+. Participants ages 16-17 are welcome to join Fitness Classes and Lap Swim with their parent/guardian. Classes and instructors subject to change without notice.

**Intensity Level of Classes:** \* = Low \*\* = Medium \*\*\* = High \*\*\*\* = All Levels

**Fit Over 50:** Adapted for all ages and fitness levels. This fun and challenging workout improves the cardiovascular system as well as increase balance, strength and bone density. \*\*

**Zumba Gold:** Inspired by traditional Salsa, Samba and Merengue music and dance steps, this class incorporates easy-to-follow dance moves at a high cardio base for body changing benefits. \*\*\*\*

**Salsa:** Come burn some calories while learning Salsa dancing. It is easy and fun to learn. \*\*\*\*

**Sculpt Interval:** Using interval training, this class combines strength and toning with a cardio workout. \*\*\*

**Step and Tone:** Combines the "Step" for high-energy cardiovascular exercise with weights and resistance bands for toning. \*\*\*\*

**Fitness Camp:** Join this fun group while building camaraderie and tone with exciting workouts and drills. The class improves agility, core strength, coordination and cardiovascular fitness. \*\*\*\*

**Fit Boxing:** Wonder why boxers are so lean? Come and find out with the NEW fit boxing class. Be ready to do some punching while working out your lower body in this high, intense calorie burning workout. \*\*\*

**Cardio Kickboxing:** Aerobic cardio and kickboxing for those who want to increase upper body strength, define and tone the midsection and lower body, and learn elements of self-defense. \*\*\*\*

**Power Hour:** Burn calories like crazy! Weights, exercise tubes, balls, bars and jump ropes are used to strengthen and tone your body. Athletic drills are added for speed, power and agility. \*\*\*\*

**Body Architect:** A total body conditioning class designed to improve muscle tone in all areas of the body. This workout uses weights and body bars to promote muscular endurance, flexibility and body alignment. \*\*\*

**Interval Mix:** Classes will include working with bars, weights, medicine balls, physio balls, slides and anything else we can get our hands on with intervals of heart pumping moves! \*\*\*\*

**Power Up:** Train like a Fitness Competitor. The instructor will put you through an intense 45 min total body workout specifically designed to add definition and muscle to your body! Heavy weights and other resistance tools to sculpt and tone. Can't beat it, it's a must! \*\*\*

**Xtreme Interval Training:** A cardio endurance class enhancing muscle tone and conditioning for those looking for the next level of fitness training. Improves the quality of all your movements. It is high energy and you will have a blast. \*\*\*

**Feldenkrais:** Helps increase your ease and range of motion while improving flexibility and coordination through a unique, gentle body centered learning process. \*\*\*\*

**Beginning Yoga:** Consists of fundamental yoga poses to promote perfect health, flexibility, stamina and strength. Pranayam, or breathing exercises, will be followed by exercises called Asanas and will conclude with deep relaxation. \*\*

**Lunchtime Yoga:** A flowing yoga practice providing full-body stretching, strengthening and detoxification through sweating. A great compliment to any fitness regimen or sports activity. \*\*\*

**F.I.T. (Fitness Integrated Training) Yoga:** Incorporating strength training with the yoga benefits of increased flexibility, coordination and concentration. \*\*\*

**Gentle Yoga:** Similar structure as Beginning Yoga, slightly less intense. Great exercises for those who want to achieve a general well being, build strength, flexibility, and stamina. \*

**Hatha Dynamic Yoga:** Similar to Hatha Yoga, this class emphasizes the lengthening and stretching of muscles. \*\*\*

**Hatha Yoga:** Classic Yoga postures and movement with attention to proper alignment and breathing to help increase awareness, flexibility, balance, strength and relaxation for body and mind. \*\*\*\*

**Prenatal Yoga:** Yoga helps you adjust to the physical and mental demands of labor, birth and motherhood. Work with a group of pregnant and new moms to develop strength, flexibility, endurance and calmness of mind. \*

**Yoga Flow:** This class will incorporate excitement, energy, fun, fluid movements, inversions and arm balances. You will find your core and feel your legs. \*\*\*\*

**Yogalates:** A blend of Yoga and Pilates, fusing the dynamic and flowing movements of Yoga with the core stability aspects of Pilates. \*\*

**Pilates:** Focusing on the core of the body, the class strengthens, tones and develops flexibility and body awareness through controlled, concise and concentrated movements. \*\*\*\*

## Aquatics

**Arthritis Foundation Aquatic Program:** Offered in conjunction with the Northern California Arthritis Foundation. Emphasis on pain reduction, improved range of motion, fitness and safety. No swimming skills required. \*

**Water Exercise:** Offering the benefits of land exercises while providing resistance during all movements. Can be adapted to the needs and fitness level of any individual. No swimming skills necessary. \*\*\*\*

**Rusty Hinges:** Rusty Hinges is a medium paced class that is low/medium resistance with no/low impact exercises. This class promotes core strength, balance, stability and friendship. It is an excellent way to rehab after surgery.