

# Milpitas Sports Center Class Descriptions

All fitness programs are open to high school students and up. Parent/guardian must be on site during entire workout.

Classes and instructors subject to change without notice.

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

**Fit for Life:** 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:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating community-oriented dance fitness class that feels fresh, and most of all, exhilarating! Zumba Gold classes provide modified, low-impact moves for active older adults. \*\*\*\*

**Zumba:** Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. \*\*

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

**Circuit & Core Conditioning:** Wonder why boxers are so lean? Come and find out with the NEW circuit & core 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/Circuit 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! \*\*\*

**Yoga & Core 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. \*\*\*

**U-Jam:** Dance your calories away! This fun and energetic class will not only give you a great workout, but will give a few new moves for the dance floor! \*\*\*\*

**Beginning Yoga:** Consists of fundamental yoga poses to promote perfect health, flexibility, stamina and strength. Pranayam, or breathing exercises, will be followed by exercises

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

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

**Morning 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. \*\*\*\*

**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. \*\*\*

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

**Prenatal Yoga/Stretch:** 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 II:** 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. \*\*

## 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. \*

**Moms in Motion:** Pre and post-natal body conditioning and toning. Helps you adjust to the physical demands of labor and motherhood or gain back your shape. Meet new moms and build new friendships. No swimming skills required. \*