### GROUP FITNESS

**CLASS DESCRIPTIONS**

Please review Fitness Class FAQs located at [www.sccgov.org/wellness](http://www.sccgov.org/wellness) and descriptions below prior to registration. All levels are welcome.

<table>
<thead>
<tr>
<th>20-20-20</th>
<th>PILATES</th>
<th>TOTAL BODY FITNESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maximize your workout with 20 minutes of cardio, 20 minutes of strength and 20 minutes of core/flexibility for a very efficient and total body workout. Participants will need to bring a mat.</td>
<td>Designed to benefit the whole body with a focus on awareness of the spine, proper breathing, core strength and flexibility. The outcome of Pilates training is a balanced body: improved range of motion, flexibility, posture and decreased back and joint pain. Participants will need to bring a mat.</td>
<td>Designed to strengthen your whole body. This class not only helps tone your muscles but also gives you a great cardio workout by using a combination of equipment including steps, small weights, resistance bands, and body weight exercises.</td>
</tr>
</tbody>
</table>

**FLOW YOGA**

Each movement in or out of a posture is made on an inhalation or exhalation, so the yoga unites the breath with the movement in a choreographed sequence. The flowing movements may be combined with some longer holds of certain postures. Participants will need to bring a mat.

**HIP HOP DANCE FUSION**

Hip Hop Dance Fusion is an athletic urban dance fitness workout that combines hip hop dance with other forms of dance and high energy music for a workout that is bound to get your heart rate up and your body moving. Have fun while breaking a sweat!

**INTERVAL TRAINING**

An exercise and training program in which each session consists of periods of intense exertion alternating with periods of rest or lighter exertion. This class gives you a great cardio workout by using a combination of equipment including steps, small weights, resistance bands, and body weight exercises.

**STRENGTHEN & LENGTHEN**

This is a class designed to explore your abilities and to gain flexibility, strength, grounding, and balance. With focus on breath, this class will use compassion to re-form ideas about your body as we move through traditional yoga and Pilates poses using whatever modifications needed to find comfort and awareness in your practice.

**TABATA**

Experience full cardio and strength burnout with Tabata. Tabata is a HIIT (high intensity interval training) circuit where you work hard for 20 seconds followed by a 10 second recovery. You repeat the exercise 8 times for 4 minutes of work leaving your body fully worked on that particular move.

**TAI CHI**

Bring balance to your body; bring balance to your life. In this class you will learn the first and oldest form of Traditional Chen Tai Chi called Lao Jia. This form is used as a tool to help develop strength, balance, coordination, and understanding of basic Tai Chi principles. This form will give you a solid understanding of the essence of Tai Chi and is beneficial if you want to practice Tai Chi for health reasons.

**WORLD DANCE FUSION**

Finish your work week with a high energy cardio dance party from around the world! Music and dance styles of Salsa, Cha Cha, Hip Hop and Reggaeton (Caribbean Hip Hop), these moves are sure to boost your mood and torch calories all through the weekend!

**RESTORATIVE YOGA**

Restorative Yoga focuses on poses using props to support your body for deeper relaxation. These poses relieve stress, release muscular tension and are deeply calming to the nervous system. Participants will need to bring a mat.

**ZUMBA**

A fusion of Latin and international music designed to make you move in a party-like atmosphere. Dance to Latin rhythms such as Salsa, Samba, Meringue and more! Easy to follow and improve cardiovascular conditioning.

---

**Employee Wellness Division**

408-678-2310

wellness@ewd.sccgov.org