

GCC GROUP FITNESS | CLASS DESCRIPTIONS



BODY PUMP

a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit



SPIN

a fast-paced class that focuses on endurance, strength, intervals, high intensity and recovery



FIT U 55+

Total body workout including balance, strength and flexibility



TOTAL BODY WEIGHTS

Work all major muscle groups - weights are optional



ASHTANGA YOGA

A very dynamic and athletic form of hatha yoga, made up of six series or levels, with a fixed order of postures.



HIIT

Alternating rounds of high intensity work to get heart rate up with rounds of lower intensity to bring heart rate down



YOGA

An alignment based practice intended to be accessible to all levels. Emphasis on integrating yoga into our workouts and daily lives.



FIT U CARDIO 55+

Variety of movements to get heart rate up. Weights are optional.



BEGINNER HIIT

A beginner's version of HIIT (see above) with lots of lower impact options



ZUMBA

Mix of Latin & international music & dance to create a dynamic calorie-burning workout for people of all fitness levels & ages



STRENGTH & CONDITIONING

Functional fitness moves performed at a moderate to high intensity.



FIT U STRETCH & STRENGTH

Everything in Fit U (see above) with added floor fitness at the end. Bring your yoga mat.



BEG ASH YOGA

A beginner's version of ashtanga yoga (see above)



BODY BALANCE

A yoga-based class that also includes exercises from Pilates and tai chi



BODY BLAST

Incorporating a weighted ball into different workout movements.



TOTAL BODY BURN

Full body workout that focuses on toning and strength training.



ASHYIN YOGA

A form of yoga that focuses on passive, seated postures that target the connective tissues of the hips, pelvis, and lower spine



CARDIO BOXING

A high intensity class designed to burn calories, build muscle, and relieve stress as you punch your troubles away