

# DBC Fitness Center Class Descriptions

## Low Impact & Intensity

- **Aqua Fitness:** Warm-up, cardio, toning, and cool down to fun music.
- **Connective Stretch & Movement Based:** Movement-based stretching. Similar movements to yoga and Pilates with a focus on complete range of motion.
- **Fit Club:** A supportive class designed for individuals with movement challenges including neurological disorders, injury recovery, and age related changes. This class focuses on controlled movement, balance, agility, and neuroplasticity, helping you build strength and confidence at your own pace. It is also perfect for beginners looking to ease into group fitness or starting a mindful exercise routine.
- **Moving Right Along (MRA):** Increase strength, range of motion, agility, and balance needed for active daily living. No floor work. Chairs available.
- **Pilates:** Floor exercises to build core strength and improve balance, coordination, flexibility, and posture.
- **Posture Perfect:** A class based on structural alignment through gentle stretches and exercises.
- **Qigong:** An ancient Chinese wellness system combining fluid, gentle movement, deep breathing, and focused intention to cultivate qi (energy). Practiced standing or seated, it balances mind-body-breath to enhance vitality and mental clarity. Qigong reduces stress, tension, and anxiety, improving energy, balance, posture, and the immune system. It promotes physical and mental healing and a sense of well-being.
- **Strong Back & Core:** Combines floor and chair exercises to improve core abdominal and back strength. Also improves stability through transitions between angles and positions using light equipment (e.g., - bands)
- **Tai-Chi:** Tai chi is a gentle, low-impact form of exercise in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths. Combines elements of martial arts, qigong, and meditation to improve flexibility, balance, and coordination.
- **Yoga/Yoga 2/YogaFaith/Yoga Detour:** These toning workouts take you through a series of poses that combine flexibility, strength, stability, power, and balance. **Yoga 2** is a more advanced workout. **YogaFaith** employs Christian music, prayer, scriptures, and philosophy. **Yoga Detour** is suitable for beginners and experienced practitioners alike, focusing on building strength and stability through methodical movements.
- **Yogaflow:** Traditional yoga movements choreographed to contemporary music.

## Moderate/High Impact & Intensity

- **Amped by Ali:** High intensity cardio and agility workout. Uses choreographed plyometric exercises and basic dance steps to create demanding and challenging workout. Improves stamina, agility, strength, balance, and spatial cognition.
- **Barre Boot Camp:** A creative and unique combination of ballet and dance movements to build balance, agility, and core strength. Comprehensive benefits for posture, spinal health, and overall well-being.
- **Cardio Kick & Punch:** High-intensity cardio workout utilizing punching and kicking motions to strengthen and tone. Improves hip, hamstring, and lower back flexibility while simultaneously strengthening your core, ankles, and knees through weight-shifting movements.
- **Chisel:** High-intensity strength and cardio workouts utilizing HIIT and boot-camp style workouts. Total body workouts to build strength, endurance, agility, coordination, and balance.
- **Cycle:** High-energy, calorie-burning cycle class with fun music and fun people.
- **Dance Explosion:** Combines Pop, Hip Hop, Rock, R&B, and Latin music with original choreography focusing on dance steps and footwork. Creates a unique and joy-filled cardio and agility workout. Improves stamina, balance, agility, and spatial cognition.
- **Early Bird Burn:** Similar to Chisel, a combination of cardio, weights, HIIT, Barre', Pilates, etc., to improve strength, balance, coordination, and agility.
- **High Fitness:** High intensity cardio and agility workout. Uses plyometric exercises and simple dance steps to create high-energy, fun dance choreography. Improves stamina, agility, strength, balance, and spatial cognition.
- **Step +:** Cardio training and core abdominal conditioning using 4-6 inch vertical bench. Improves stamina and balance.
- **Total Body Conditioning:** Cardio and strength training using a weights, BOSU's, bands, bars, etc., to improve total body strength, muscle tone, balance, and coordination.
- **Body Sculpt:** Working the whole body using dumbbells, bands, tubes, exercise ball, and body bars.
- **Super Sculpt:** Low-impact, high-intensity strength training for whole body. Uses dumbbells, steps, bands, tubes, balls, and body bars to create a demanding workout. Improves stamina, strength, and coordination.
- **Zumba:** Combine Latin and International music and dance to create a dynamic calorie-burning workout for people of all fitness levels and age groups.