

Dynamic Group Fitness Class Descriptions

Charter Oak



Les Mills BODYPUMP

is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

Zumba

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Yoga

Vinyasa yoga - the flow of yoga because of the smooth way that the poses run together and is one of the most popular contemporary styles of yoga. Each move is synchronized to the breath. Vinyasa allows for a variety and always includes the sun salutations. You can move from beginner poses or to advanced poses.

Dynamic Tread-Fit

Tread-Fit is a cardio vascular interval training class for all fitness levels whether you are a runner or a walker this treadmill class will use sprints and slow walks with varying speeds and ramp heights to get a workout that's got all the ups and downs of a roller coaster.

Dynamic Rhythm

Squats, lunges, core, and more! A music driven cardio class that will get your heart pumping and body moving – it's FUN!

Dynamic Barre

The barre is used as a prop to balance while doing exercises that focus on isometric strength training combined with high reps of small range-of-motion movements. You will be challenged with light hand weights to tone your arms and shoulders. Bring a mat to burn and tone your core as well as stretch your muscles at the end of class. You will be shocked at the shake you will feel in all your muscles while doing such small movements!

Spin

A spin class is a great way to mix-up your routine and challenge your body in a different way! You'll get a good sweat going with the high energy vibe and invigorating music.

Dynamic HIIT Cycle

HIIT CYCLE is a BLAST on wheels. Coached using 3 effort levels, anyone can participate and enjoy the ride. If you have not cycled in a while, your backside may be sore the first class, but after that it's all downhill.

Dynamic Body Sculpt

Body Sculpt is a non-aerobic, full body toning class that incorporates weights and body weight training. Using your own body weight and isometric holds will help sculpt and tone your body to help you achieve your goals.

Dynamic Boot Camp

Dynamic Boot Camp is a 45-minute strength and conditioning workout. Boot Camp uses High Intensity Interval Training (HIIT) to maximize results. This workout uses a barbell, weighted plate, body weight exercises, and cardio conditioning movements.