

CLASS DESCRIPTIONS-ANDOVER

CARDIO CLASSES

STEP CHALLENGE Designed to challenge the avid stepper. The choreography is more complex. Creative patterns, multiple options are demonstrated to meet the varying needs of the multilevel participants.

STEP A solid step class offering innovative but uncomplicated patterns that will keep you moving while improving your cardiovascular capacity. .

STEP PLUS "A class designed to challenge. Consisting of traditional and innovative step sequences with intervals of plyometric drills. Multiple options are demonstrated to meet the varying needs of multi level participants."

ZUMBA. A feel happy workout that's easy to follow for any fitness level. A fusion of Latin and international music with intervals of fast & slow rhythms that tone & sculpt the body. High energy and motivating.

HIP HOP Stylized form of aerobics that gives a high-intensity workout while utilizing hip hop dance moves. Entertainment and exercise in the same class.

SPIN A 60 minute ride designed to take you through a mind-body journey using the Schwinn stationary bikes. Led by instructors who will motivate you through coaching skills and a variety of music. This class is for all levels of fitness.

CARDIO KICK-BOXING A challenging cardiovascular workout using boxing, kicking, and martial arts moves and drills to achieve fitness benefits.

BOOTCAMP BENCH A high energy class that will bring your heart rate up with non-complex movements intermixed with muscle conditioning.

OUTDOOR BOOTCAMP Starting June 24th the 6:30 Boot Camp will be moving outdoors! Meet at the Doherty Middle School track for cardio & agility drills, plyometrics, and muscle conditioning. Come ready to sweat and have fun! All levels welcome.

Free to Latitude members. Welcome to non-members: \$10/session, 5 sessions for \$45.00, 10 sessions for \$80.00. Outdoor class ends September 2. Class will be moved indoors due to weather call club for details – Dougherty Middle School is located on Bartlett St, Andover. It is three blocks from club next to Town Hall.

TURBO KICK® A combination of kickboxing moves, as well as, dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment

MUSCLE CONDITIONING

STEP & FLEX Upper body workout for 20-25 mins. followed by Step Challenge, or Step first followed by muscle conditioning.

BODY FLEX A muscle conditioning class designed to develop *muscle* for the optimum functional strength needed in everyday life. This class will increase our metabolism and will increase bone density fighting off the onset of osteoporosis. This class uses hand held weights, body bars, resistance tubing and resist-a-balls.

INTERVAL STEP A great combination class comprised of 5 or 10 minute segments of step aerobics and challenging circuits of muscle conditioning exercises focusing on the major muscle groups.

RETROROBICS Hi/Lo to another level. A challenging cardio workout for beginners as well as the super fit. Simple choreography with options of high or low intensity. The ultimate cardio workout

ESSENTIALS PILATES This is the first level of Pilates Mat. Participants should have some Pilates experience. New people arrive 5 minutes early prior to start of class for instruction. Pilates mat class is designed to elongate and strengthen the core. Focusing on proper alignment full range of motion and breathing.

FLEXIBILITY

YOGA East meets West in this traditional yoga class. A combination of strengthening postures, stretching and deep breathing results in an incredibly exhilarating yet stress releasing workout.

ATHLETIC YOGA A fast paced vigorous vinyasa flow. Combining breath and movement in a flowing format. Previous experience advised.

SENIOR PROGRAMS

CARDIO-LITE A low impact aerobic and strengthening class great for beginners and all ages looking for a slower paced, easy to follow class. Pilates and yoga included....