

CLASS DESCRIPTIONS

***All classes begin with a complete warm up. Please do not enter after the warm up. We suggest you stay through the cool down to prevent injuries and insure many fun hours. Proper footwear required for all classes.**

Cardio 'n Go- An energized workout consisting of 45 minutes of high and low. Modifications will be shown through out.(beginner to advanced)

Cardio Dance-

Step Interval- A step class that alternates 5 minutes of step with 2 minute segments of weights. Time segments may vary. (inter. to advance)

Step, pump and jump!- A great cardio and toning class with segments of step, jump rope and weights.(beginner to advance)

Pump it Up!- This class incorporates the use of hand weights, body bars, medicine balls, rubber tubing, Reebok core board and bands for an all over muscle conditioning class, all done to music to get you pumped!(beginner to advance)

Power Pump-Try this challenging strength class using light-moderate-heavy weights in a strength endurance routine. Great for building muscle strength, endurance and bone density!

BOOT CAMP-Jog, weights, agilities, and plyometrics for an awesome workout to get in shape and ready for anything! Thursday morning class held down on workout floor. Meet at track.

Cardio Kickbox- High energy, sweat filled cardio workout including jabs, uppercuts, hooks and lots of kicks.

Water classes - workout using the natural resistance of the water for toning and all around health and fitness. A non-stressful workout that's fun for all fitness levels. Meet at the pool!

Line dancing- An ideal workout not just for seniors! Learn the basic dance moves to get you moving.

Spin®- A 45 minute cardiovascular workout done on stationary bikes, with music and the lights are dimmed for a great class. Each participant moves at their own pace.

Please note: for your comfort... bring a towel, water bottle and wear padded shorts and stiff soled shoes. If you are new to class, please arrive 10 minutes early, to be set up on bike properly. (Beginner to advanced)

Gentle Yoga- a slower, and more gentle flowing class using postures and breath for strength, flexibility, balance and relaxation. (beginner to advance)

Kripalu Yoga- Focusing on asanas (postures), breath techniques, and deep relaxations.

Athletic Yoga- Yogafit based class for a total mind-body workout focusing on strength, flexibility and balance. This is style of yoga for every body. Room is warm. Please bring a towel and water bottle.

Slow Flow yoga- A gentle flowing practice for all levels. Resist-a-balls may be used.

Crunch time- 10- 15 minutes of core strength-working the abs and back.

Mat Pilates. To elongate and strengthen the core...the abdominal and back muscles are worked focusing on proper alignment, full range of motion and breathing. Monday 8:30am class meets in the racquetball court #1.

Reebok Core Board- Using the board to strengthen and tone the entire body. Focusing on balance, correct body alignment, and flexibility.

Stretch 'n Tone- Increase your flexibility, reduce your pain and relax. Great class for your post workout to help reduce muscle soreness. (All levels.) Saturday's class is a therapeutic stretch classes.

Hip Hop- A fun and funky cardio class. Choreography will be broken down to learn the moves. Class ends with freestyle dance. (All levels.)

Zumba- A latin based cardio class incorporating fast and slow moves for a fun, high energy class. (All levels.)

Zumba Gold- A latin based cardio upbeat class more geared for the "young at heart".

To the core- Strengthen and tone your mid section- abs, back and even your glutes. Some pilates base moves. (All levels)

Please allow participants to exit studio before entering for the next class.

***Please be courteous of instructors subbing for others. They have feelings too.**

**SIGN IN SHEET FOR SPIN REQUIRED.
AVAILABLE AT FRONT DESK 45 minutes before class.**

Playcare Hours:

Monday- Friday 8:00am-1:15pm

Monday- 3:15pm-8:15pm

Tuesday- 3:15pm-7:30pm

Wednesday + Thursday- 3:15pm-8:15pm

Friday- 3:15pm-7:30pm

Saturday: 8:00am-12:00pm

Sunday: 8:15-12:15pm

LATITUDEsportsclubs

-

Salisbury- 978-462-5662

Andover- 978-474-1888

Bradford- 978-521-4949

Methuen- 978-738-4653

Peabody- 978-536-0777

*Classes are rarely cancelled for weather, however from time to time we do cancel classes so you may stay home and be safe! Please call the club in inclement weather.