










## CLASS DESCRIPTION

 <b>YOGA</b>	<p>DEVELOP FOCUS, BALANCE, STRENGTH, AND FLEXIBILITY. A NON-COMPETITIVE ENVIRONMENT ALLOWS EACH INDIVIDUAL TO MOVE AT A COMFORTABLE PACE.</p>	
<b>MUSCULAR STRENGTH &amp; RANGE OF MOTION</b>		<p>HAVE FUN AND MOVE TO THE MUSIC THROUGH A VARIETY OF EXERCISES DESIGNED TO INCREASE MUSCULAR STRENGTH, RANGE OF MOVEMENT, AND ACTIVITY FOR DAILY LIVING SKILLS. HAND-HELD WEIGHTS, ELASTIC TUBING WITH HANDLES, AND A BALL ARE OFFERED FOR RESISTANCE, AND A CHAIR IS USED FOR SEATED AND/OR STANDING SUPPORT.</p>
 <b>RUNNING CLUB</b>	<p>RUNNING CLUB IS FOR ALL LEVELS OF FITNESS! RUNNING CLUB MEETS IN THE LOBBY BEFORE RUNS! ALL PARTICIPANTS MUST FILL OUT CONSHOHOCKEN HEALTH &amp; FITNESS WAIVER TO PARTICIPATE. RUNNERS CAN DO 2-4-6-8-10 MILES DEPENDING ON GOALS. RUNNING PACE WILL VARY PER GROUPS! GROUPS INCLUDE SUB 8 MINUTE MILE GROUP, 8 TO 10 MINUTE MILE GROUP, AND 10 TO 12 MINUTE MILE GROUP!</p>	
 <b>ALL ABS</b>	<p>A 1/2 HOUR WORKOUT TOTALLY FOCUSED ON ABDOMINAL EXERCISES. INSTRUCTED BY CERTIFIED PERSONAL TRAINERS OF THE CLUB.</p>	
 <b>CARDIO PUMP</b>	<p>THIS CLASS IS DESIGNED FOR ALL LEVELS OF PARTICIPATION. HIGH LEVEL OF CARDIO WORKOUT DESIGNED TO WORK YOUR TOTAL BODY THROUGH INTERVAL TRAINING AND UPPER BODY MOVEMENT.</p>	
 <b>ZUMBA FITNESS</b>	<p>ZUMBA IS PATENTED FITNESS CLASS FORMAT OFFERED THROUGH ZUMBA FITNESS THAT COMBINES LATIN DANCING WITH INTERVAL AND RESISTANCE TRAINING FOR A FULL-BODY, RYTHMIC WORKOUT. ZUMBA FOCUSES ON CREATING A PARTY-LIKE WORKOUT ENVIRONMENT.</p>	
 <b>PILATES</b>	<p>A TOTAL BODY WORKOUT THAT RESTORES MUSCULAR BALANCE TO THE CORE MUSCLES OF THE LOWER BACK AND ABDOMINALS. ENJOY THE BENEFITS OF STRENGTHENING AND STRETCHING THE BODY.</p>	
 <b>BOOT CAMP</b>	<p>THIS CLASS IS DESIGNED FOR ALL LEVELS OF PARTICIPATION. ATHLETIC DRILLS, SPEED AND AGILITY WORK, AS WELL AS MUSCLE TONING AND ABDOMINAL WORK ARE INCLUDED.</p>	
 <b>BODY SCULPTING</b>	<p>BUILD AND DEFINE YOUR MUSCLES WITH WEIGHTS AND BALL RESISTANCE, AS WELL AS STRENGTHENING YOUR CORE.</p>	