

## Boise Racquet & Swim Club Group Fitness class description

### ***Yoga***

Yoga blends balance, strength, flexibility and power poses in non-competitive atmosphere. Enhances energy and well-being. All levels.

### ***Tai Chi***

This gentle form of exercise can help maintain strength, flexibility and balance. This could be the perfect activity for the rest of your life.

### ***Zumba***

Get some fun cardio in your schedule! Enjoy music from around the world with dance moves that are fun and easy to learn.

### ***CoreFit***

Warm up your body with this 30 minute class. More than an ab workout, it is designed to work your legs, glutes and balance. This class is not complete without a good stretch.

### ***Barre***

This class is a fusion of Pilates, Yoga & ballet. This is a total body workout that uses the ballet bar to perform small isometric movements. These exercises and stretches produce a sculpted physique, strong muscles and enhanced flexibility.

### ***Circuit***

This class is a full body workout, it offers both cardio and strength. Move through 10-18 stations that work different muscle groups. Each station has a different focus on strength, balance and cardiovascular components. Challenge yourself and have some fun doing it!

### ***Sports Conditioning***

This format is ideal for anyone who wants to strive for greater performance in any sporting activity. It is meant to enhance an individual's strength, balance, coordination, flexibility, speed and power, which can be carried over into any sport.

### ***Pilates***

Pilates is a method of exercise that consists of low-impact movements, that increases flexibility, muscular strength and endurance. It emphasizes proper postural alignment, core strength and muscle balance.

### ***Foam Roller***

Sore muscles? Lack of flexibility? Aching shoulders or hips? This 30 minute class can help release tightness which may lead to improve flexibility, greater mobility, improve performance and reduces injuries. This class will also be offered one Saturday a month for a full hour!

### ***Line Dancing***

Join us for a fun hour of dancing and learning a variety of rhythms. We break down all the songs so everyone is comfortable with the steps. This class is for everyone, so don't be shy.