

## UPMC Classes and Descriptions

**NEW ZUMBA:** Zumba is a fusion of Latin and international music-dance themes creating a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that slim and tone the body.

**NEW Martial Arts:** Tap into your spirit, mind, and body! Have fun as you learn self-defense techniques that can protect you and your well-being.

**NEW Tai Chi:** A Tai Chi form is a set of carefully orchestrated exercises that take on the appearance of a dance. It is often practiced in groups with everyone doing precisely the same movements at the same time. Unlike martial arts like judo and karate, Tai Chi is a non-contact, non-combative way of improving health and energy and reducing stress. Its practice promotes flexibility, balance, and physical control.

**Boot Camp:** Drop down and give me 20!! This fun yet challenging class has jumping jacks, push-ups, sit-ups, and lots of exercises that will get those muscles in check. Get ready to feel the burn!

**Not for beginners.**

**Strength-Tone/Burn and Firm:** This class uses resistance bands and body weight to strengthen and tone muscles. Get a total body workout, including abdominals, without impact or cardio activity.

**Cardio Kickboxing/TurboKick:** Combines the basics of boxing-jabs, hooks, uppercuts, and kicks giving you an intense cardio workout. This class also focuses on core (abdominal) training and incorporates all parts of the body.

**Core Stability:** A series of movements focusing on the abdominals, lower back, oblique muscles and all surrounding stabilizing muscles. Recommended for anyone who would like to strengthen and tone their mid-section.

**Interval Cardio:** Alternates between aerobic and strength training intervals for a fast and perfect blend of calorie burn and muscular shaping. Great for all fitness levels!

**Yoga:** This class will focus primarily on standing and seated poses, with an emphasis on developing body awareness. This class is appropriate for all levels of fitness.

**Yoga II:** This class will look at poses from Yoga I with more attention to detail and alignment, in addition to introducing backbends and preparation for inversions (“upside-down” poses). The class will be slightly more vigorous than Yoga I. **Not for beginners.**

**Pilates:** Teaches the fundamentals of an exercise routine that coordinates mind, body, and breath to develop lean and functionally strong abdominal muscles and a strong back and assist with better alignment. Incorporates beginning exercises with extensive coaching and explanation from your instructor.

**Pilates II:** This class is for those who have had extensive Pilates experience. The instructor will move at a more rapid pace, introducing advanced Pilates exercises into the routine. This course is not recommended for participants who are just beginning an exercise program. **Not for beginners.**