CRESTWOOD CLASS DESCRIPTIONS

CLASS	WHAT'S IT ABOUT?	WHO IS IT FOR?
Step	Cardio, Cardio, Cardio. Easy to follow routines on and off the step for 35 mins	Everyone. You can adjust the step height to change intensity. Some choreography
Muscle	This class is a total body sculpting experience! Tone and strengthen your muscles using weights, tubing and Ball.	Great for all levels. Good for beginners to learn technique. Give your cardiovascular system a break and challenge those muscles! No cardio.
H.C.W	Hardest Class of the Week! We will keep it fresh and challenging.	Not for beginners or injured members. This class is geared to the fit who want to get fitter. High Intensity!
Core/Abs Express	A half hour class concentrating on abdominals and lower back	Everyone. Options are given for all levels and you are welcome to come to half a class if you want
Flow Yoga	Yoga is great for back care, posture, core stability, flexibility as well as stress reduction. There is a fee.	Everyone! We are a corporate health exercise facility not a yoga studio, come in late, leave early, wear what you want as long as it is clean and you can move in it.
Strong by Zumba	No dance moves at all! This is a moderate level cardio class using body weight and the music. No weights used.	Moderate level class, easy to adapt to a harder or easier workout. Shoulder or hand injuries will need adaptations – ask the Instructor how to modify.
Intervals	Intervals. A variety of muscle and cardio combinations.	People who like intervals and a full body workout.
Stretch	Just stretching. Not Yoga. No skill needed and street clothes are fine.	People who sit too much, or don't know which muscles to stretch or just need a break. Open to non-members.

All classes are self-paced, please arrive on time at 12:05 so you have a safe warm up and do not disturb the class.

CURTIS HEALTH