



### Classes Offered at CCPlus@TheCenter:

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| <p><b><u>Barre</u></b> A sexy, energetic, fun workout that fuses fitness techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. And get this... you don't even need any dance experience and you certainly don't need a partner! The Barre® method is the perfect combination of strength and flexibility with added cardio to burn fat fast!</p> | <p><b><u>KickboXX</u></b> This class blends athletic drills with martial arts to create an intense cardiovascular, total body workout. Be prepared to sweat!</p>  | <p><b><u>Sleek &amp; Strong</u></b> Our instructor will take you through this strength class that focuses on form. Get a Sleek &amp; Strong body through concentrated movements using body weight and resistance training. Bring a resistance band (light to medium) and fitness mat to class.</p>  | <p><b><u>TNT (tone-n-tighten)</u></b> TNT is a body sculpting class that will increase your everyday strength with focus on functional movements. It will boost your metabolism by building lean muscle mass without any extra bulk. This class focuses on strength training and repetitions, as well as focus on the core. This class is packed with exercises to tone and strengthen the upper and lower body and condition the abdominals. TNT is a great class for those who don't want the pounding on their joints. It is designed to reach a scope of all fitness levels. So whether you are a fitness novice or more experienced this class is for you. Each week will vary slightly with one key factor, to Tone and Tighten! <i>Please bring a fitness mat and handheld weights, 3-8# preferably.</i></p> |
| <p><b><u>WERQ</u></b> WERQ is the wildly addictive dance fitness class based on pop, rock, and hip hop. With over 250 cardio dance routines to songs you know, you will never get bored with your workout again. And WERQ Dance Fitness is so addictive... the song comes on and you have no choice but to bust out the choreo.</p>   | <p><b><u>Zumba</u></b> Zumba is an exercise class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, and hip-hop.</p> <p><b><u>Zumba (Beginner)</u></b> A great class to start with if you've never taken Zumba. Same fun moves and music as regular Zumba but at a little slower pace and lower impact.</p> | <p><b><u>Zumba Kids</u></b> Zumba Kids classes are a rockin', high-energy fitness-party packed with specially choreographed, kid-friendly routines for boys and girls ages 4-12. Zumba Kids is a fun way for kids to get focused, get fit while having fun. CCPlus has great opportunities for your kids to get in on the Zumba Kids fun.</p> | <p><b><u>Zumba Gold</u></b> This is the Zumba fitness class for true beginners, the fit over 50, the de-conditioned exerciser and anyone looking for a great low impact workout. Zumba gold classes are a high energy, but low impact class with infectious music and all the great dance rhythms of Zumba.</p> <p><b><u>Zumba Gold Toning</u></b> Light weight toning sticks are added to Zumba Gold to help you tone while having a great time.</p>   |

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| <p><b><u>Beginner Yoga</u></b> Appropriate for the beginner who wants to build a strong foundation of basic Yoga postures and breathing techniques, as well as for the practitioner who wants to refine and master the fundamentals. It is an invitation to stretch, relax, unwind, de-stress. Bring a mat or beach towel.</p>   | <p><b><u>Fully Figured Yoga</u></b> Our instructors encourage female students to enjoy the freedom and peace within their own bodies with a joyful spirit and playful attitude. You will be gently guided through all the facets of yoga. The class will include Pranayama(breathing), Asana(physical postures), and Meditations with special modifications for plus-sized female body. <b>Hatha yoga</b> will help you gain strength, flexibility and balance and allow you to experience true inner peace and well being. Participants should bring a yoga mat and a blanket.</p> | <p><b><u>Rock Star Yoga</u></b> A vigorous, athletic flowing form of Hatha Yoga aligned with soft rock &amp; contemporary music. This upbeat form of yoga combines moves to build strength, detoxify the body and lighten the mind. In traditional Hatha Yoga form, this class ends with Shavasana, designed to help channel you "inner" Rock Star!</p>     | <p><b><u>Yin Yoga</u></b> Yin yoga is a quiet practice suitable for students of all levels. Yin Yoga invites you to slow down and create space for stillness while nourishing joints, ligaments, tendons and fascia. Many of the poses are seated, supine or prone and are held with muscles relaxed for several minutes. There is a focus on the breath, being present in the moment, relieving tension and letting go. The Yin practice includes powerful mental and emotional benefits as its practitioner becomes quiet, still and mindful of the present. Give yourself this opportunity to surrender, slow down and come back to balance.</p> |
| <p><b><u>My Chance to Dance™</u></b> My Chance to Dance™ is a dance/exercise program designed for kids and adults with physical and/or developmental disabilities. Dances are choreographed with easy movements to help build on success and avoid failure and we use music and props that get everybody moving to the best of their ability. Wheelchair and walker friendly and parents and caregivers can join in!</p> | <p><b><u>Pound</u></b> Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique - all while rocking out to your favorite music!</p>   | <p><b><u>Drums Alive Kids Beats</u></b><br/>For children 3-12 years old.</p> <p>Kids Beats is simply FUN! Every child was born with the ability to move and feel rhythm. This class combines simple dynamic drumming movements with pulsating rhythms of the drum. Kids learn movement, rhythm, and concentration, in addition to integral stimulation.</p> |   |