



### Classes Offered at CCPlus@TheCenter:

<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>Belly Dance</u></b> Shimmy your way to fitness while learning to belly dance! Belly dancing tones your muscles, increases flexibility and relieves stress; all while being low-impact - making it the perfect form of exercise! This class will focus on correct dance posture, basic moves, traveling steps, graceful arms, shimmies and step combinations. No previous dance experience necessary.</p>	<p><b><u>Fit Camp</u></b> This program combines core training, resistance training, plyometrics training and cardiovascular training, and also helps improve fitness and flexibility. This class includes exercises designed to firm your muscles, reduce body fat, flatten your tummy (just in time for the summer) and increase stamina. Simple yet fundamental movements will take you past plateaus, soaring to new heights, and reaching new fitness potentials.</p>	<p><b><u>Kettlebell AMPD</u></b> Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole-body routine.</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>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>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.</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>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. .</p>

**Yin Yoga** 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.

**Zumba (Beginner)** 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.

**Zumba Gold** 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.

**Zumba Gold Toning** Light weight toning sticks are added to Zumba Gold to help you tone while having a great time.

**Zumba Kids** 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.

**STRONG by Zumba** Combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other.

**Zumba** 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.