

Crabtree Memorial Gymnasium

Group Fitness Class Descriptions

Active Aging Fitness: A class designed for our senior population that combines strength, balance and cardio elements to keep you fit. **(Strength and Flexibility)**

A.M. Body Blast: A total body exercise program to build strength and endurance for all ages and fitness levels. **(Strength and Flexibility)**

ARM-ageddon: This is a 45 minute, intensive class that focuses on building upper body muscles. The development of new muscles will give you added tone & shape, plus boost your metabolism throughout the day. This class is also designed to increase your endurance as well. We will use free weights, bands, body weights, exercise balls, and other equipment to accomplish our goals. This class will also feature a dynamic cardio warm-up. Come join the ranks! **(Strength and Flexibility)**

Beginners Yoga: Is a full body fitness program in a very casual setting that moves slowly through a series of yoga poses to develop strength, flexibility and balance. Yoga is for everyone. You don't have to be a certain body type or super flexible. Please bring your own mat, a thick towel and a water bottle. **(Flexibility)**

Cardio-Interval KickBoxing: An hour cardio class that includes kickboxing moves in intervals. No hard combos or bags needed. Just moves that keep your heart rate up! Plan on jumping jacks, pushups, and light hand weights getting thrown into the mix! You will have an endurance loving full body challenge! Come have fun Friday evenings from 5:30 to 6:30 before beginning your weekend!

Cycling: Challenge your endurance, strength and speed every class. Experience a ride full of hills, sprints and endurance intervals while riding to energizing music. Cycling will enhance your speed, strength and stamina, improve your overall physical health and increase your caloric burn. Bring a towel and water because you will sweat. **(Cardio)**

Express Cardio: This class will consist of stations. We will perform various cardio related exercises for up to one minute at each station. All workouts will be performed with very little rest time between workouts. The class will last thirty minutes. This class is not for the faint of heart.

Full Body Workout Fitness: Experience a full body workout utilizing all of the major muscle groups, with emphasis on stretching for both flexibility and balance. The class will allow you to use a variety of equipment; including weights, BOSU balls, resistance bands, and more. This workout class is done in a group setting to promote camaraderie and social support. **(Strength and Flexibility)**

Fusion Movement: A combination of qigong, dance, and yoga designed to integrate and improve physical health. The rhythmic patterns and postures are whole body movements designed for strength, joint mobility, and relaxation.

Gentle Yoga: Take this class as you transition from Intro to Yoga to Hatha Yoga. This class will progressively include more floor work and focuses on alignment and form in specific yoga poses. You will also learn how to properly do and correct your posture.

H.E.C.T.I.C. (High Energy Circuits Tabatas Isometrics Core): This is an intermediate to advanced class. This class will include high intensity interval training with muscle and cardiovascular conditioning. We will use mostly body weight and dumbbells for resistance, but we may also incorporate other fitness equipment. Bring a mat and bring WATER. Come prepared to work hard and be pushed out of your comfort zone! Come join the ranks!

Lean and Mean: This is a 45 minute class that will include strength training and cardiovascular conditioning. It will be intense from start to finish. This class will support muscle toning, fat loss, endurance, and abdominal training. Bring water, bring a yoga mat, and bring your best! **(Strength, Cardio and Flexibility)**

Muscle Pump: This is a great full body workout using dumbbells, bands and body weight to define and sculpt your muscles. Build strength and muscle helping you burn more calories throughout the day. **(Strength and Flexibility)**

On the Ball: This is a 45 minute high intensity low-impact strength and core conditioning full body workout. This class will also combine agility and functional training using weights, bands, stability ball and body weight. **(Flexibility)**

Super Crunch: This is a half hour of intense core work. Set to upbeat music, you'll work your entire core and learn new exercises to help sculpt the body! This class is for all fitness levels, and is a great way to fit a quick but challenging workout into your busy day. **(Flexibility)**

Zumba: Using Latin and World music, dance your way to a fitter body. With interval training sessions you tone and sculpt the body while burning fat; great for building a strong core. No dance experience needed, just a smile! **(Cardio)**

Crabtree Memorial Gymnasium
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“We create community through people, parks & programs.”

If you would like to participate in these activities and need disability related accommodations, contact Rob Cardella, Center Supervisor at 843-918-2359

