

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)**

Arms and Abs: The ARMS AND ABS class focuses specifically on the upper body and core muscle groups. Be prepared to use various types of resistance equipment, including weights, bands, body bars, body weight, exercise balls, and other equipment to increase the intensity and fun of working the upper body muscle groups as well as the abdominals and lower back. This class is designed for intermediate to advanced individuals. Suggestion—Bring a yoga mat & water.

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)**

Chair Yoga: Chair Yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Chair Yoga is offered for those who are new to yoga; for those who are recovering from injury or illness as well as anyone who prefers not to get down on the floor. Wear comfortable clothing. Though Chair Yoga is usually done barefoot, you can take class without removing your shoes. Bring a yoga mat (inexpensive ones are best!). Offered Monday & Wednesday at the Base Rec Center. Please arrive 10 minutes early for a 45 minute class beginning at 10:15 am.

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)**

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.

House Party Fitness: House Party Fitness is a dance fitness/cardio hip-hop program using the hottest urban music from Hip-Hop (old & new school), Ragga, House, Top-40, R&B, Electronic, & Reggaeton. You know the type of party where the music is pumpin, the bass is pounding, and you don't want the party to end...House Party Fitness (by House Party Fitness Co. LLC) is a growing nationally accredited cardio hip-hop program that uses the hottest music and moves that can translate to the dance floor. If you are looking for a dance fitness class that will make you feel like you are in a House Party or a music video, you stepped into the right house. The bass bumpin' music will make you feel like you are at a house party that you do not want to end! House Party Fitness is designed to be fun, easy, and adds a fitness flair to each workout that is not in other dance fitness programs.

Legit Legs: The LEGIT LEGS class focuses specifically on the lower body and core muscle groups. Be prepared to use various types of resistance equipment, including weights, bands, body bars, body weight, disc, exercise balls, plyometrics, and other equipment to increase the intensity and fun of working the lower body muscle groups as well as the abdominals and lower back. This class is designed for intermediate to advanced individuals. Suggestion—Bring a yoga mat & water.

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)**

Tai chi: This is a gentle, low-impact, slow-motion exercise, commonly referred to as meditation in motion. The movements are designed to help stretch the body, stimulate blood flow, and maintain good health.

Total Body Sculpt: The TOTAL BODY SCULPT class is a challenging and dynamic whole body muscle conditioning class using dumbbells, bands, tubes, exercise balls, disc, body bars, body weight, plyometrics, and other equipment to increase the intensity and fun of the workout. Be prepared to work your entire body! This class is designed for beginner to intermediate individuals. Suggestion—Bring a yoga mat & water.

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

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