



Cheyenne Regional Medical Center

HEALTH & FITNESS

CLASS DESCRIPTIONS

Cheyenne Regional Medical Health & Fitness is committed to providing its members with safe, effective, educational, and enjoyable fitness classes. Certified professionals provide members with quality service, which focuses on fitness and health as a lifelong goal. Listed instructors are subject to occasional substitutions. Programs differ in movements used, music selection, and pace. Please work at your own pace at all times.

ABS Core training, with focus on all sets of abdominal muscles.

EASY DOES IT Aerobic conditioning and resistance exercises are used to develop strength, endurance, and flexibility. Highly recommended for seniors, those with disabilities, or deconditioned individuals.

FITNESS FOR TWO This is a supervised pre- and post-natal class. It includes individual program development, supervised exercise sessions, and educational classes. **You must sign up for this class.**

HI - LO Low impact, easy to learn choreographed workouts keep your heart rate up while core toning exercises work your entire body. Can be adapted to high impact/high intensity for the more skilled student..

PILATES MAT CLASS A Pilates based mat class designed to streamline your muscles without putting stress on the spine or adding bulk. So relax your mind, harden your abs, strengthen your back, tighten your tummy, and lengthen your spine.

PILATES REFORMER CLASS Pilates class done on a reformer machine.

PIYO A combination of Pilates and Yoga.

PUMP This class is designed to work your whole body using barbells with adjustable weights. Beginning with a general warm up, participants are led through a series of exercises including squats, lunges, presses, lifts, and curls. **You must sign up for this class!**

SPINNING® Get your workout in on the bike! A group cycling class that will develop power and endurance, while you have lots of fun! **You must sign up for this class.**

STEP EXPRESS A great cardio workout using the step. All levels welcome.

SUPER SCULPT A strength training class. Personal training in a group setting. Lose weight, change your body, raise your metabolism, strengthen your bones & increase muscular endurance.

TAE-KO Put some intensity into your workout with this combination of Tae Bo® and kick-boxing moves. Using punches and kick combinations plus conditioning drills, this class will give you both a cardiovascular and muscular workout!

TIGHTEN 'N TONE A toning class to improve your posture, increase abdominal strength, and general flexibility. The class will complement any aerobic routine for a healthy back.

TOTAL BODY SHOP Just the right balance! Half cardiovascular with hi/low aerobics, and half resistance training.

TOTAL FITNESS This class blends cardiovascular endurance activities, muscular toning activities and flexibility activities through a variety of exercise modes: Low impact and step aerobics, circuit training, interval training, isolated muscle toning, Pilates and Yoga.

YOGA Pay attention to your mind and body with this Indian system of health that has been helping people stay strong, limber, and healthy in every way for thousands of years.

YOGALATES A combination of Yoga and Pilates practices and exercises. A great way to mix up your normal routine and learn something new!

20/20/20 20 minutes of kickboxing, 20 minutes of bosu aerobics & 20 minutes toning.

ZUMBA A fun and energetic workout inspired by Latin music, dance rhythms and fitness... in other words exercise in disguise.