Hillsboro Group Exercise Class Descriptions

- See March Ahead section below for all march ahead classes.

**GENERAL**

**Strength & Cardio Combo**: Combining cardio and strength segments, this class is guaranteed to increase your heart rate, burn calories, and sculpt your body. Come join our expert instructor to learn how to perform these exercises in the best way possible.

**Circuit Training**: This circuit class utilizes a variety of equipment including dumbbells, stability balls, medicine balls, barbells, steps and more! Each station is a different movement, designed to tone and sculpt the entire body with both strength and endurance exercises. Each class will incorporate unique and functional routines, finishing with an emphasis on core training.

**MARCH AHEAD:**
March Ahead is a group of *medically directed* classes offering members a chance to participate in an exercise class which is formatted around their own exercise level. These classes are instructed and supervised by educated/certified staff with special training in this area of exercise. These classes are great for anyone who is de-conditioned or new to exercise, but are especially beneficial for those with hypertension, high cholesterol, diabetes, peripheral vascular disease, obesity, heart disease, arthritis, and mild fibromyalgia.

**March Ahead Mobility & Balance**: With a focus on mobility, stability and posture, this class incorporates strength and balance exercises focused on muscle endurance and range of motion to assist you in moving better while performing activities of daily living. With a new format for each class, you’re guaranteed to work areas of your body you never knew existed.