

Addendum –New Classes Added as of January 25, 2019

Hip Hop Aerobics

No dance experience needed. Just be willing to move and have fun! Hip Hop aerobics provides total fitness, endurance and strength gains. The class opens with a warm-up to get muscles flexible and raise your heart rate. The warm-up can take up to 15 minutes and may include dance moves at a slower pace than the main exercise segment. Hip hop aerobic dancing to upbeat and pulsing music is the body of the session.

6 Weeks / Meets Once per Week 6 Contact Hours

Resident \$27 / Non-Resident \$49 / Gold Card \$22

ESC M 02/11 – 03/25 6:00 p.m. - 7:00 p.m. Green

HipFit: Hip Hop Fitness

HipFit is a dance-based cardio class designed to get you moving to a variety of hip-hop songs. HipFit provides total body fitness through dance to improve your endurance, strengthen your muscles and sculpt your body all while having fun! The workouts follow a basic cardio movement routine, similar to Zumba or Aerobics. Expect at least 40-45 minutes of dance cardio workout with a combination of demonstration, instruction, and execution of various moves.

6 Weeks / Meets Once per Week 6 Contact Hours

Resident \$27 / Non-Resident \$49 / Gold Card \$22

ESC TH 02/14 – 03/21 6:00 p.m. - 7:00 p.m. Marshall