

AEROBIC DANCE CLASS OVERVIEW

AEROBIC means with oxygen. Aerobic exercise is any activity involving the large muscle groups that can be sustained over a long period of time and is rhythmic in nature. Aerobic exercise helps condition the lungs and cardiovascular (heart) system. The development of a stronger heart results in the body being able to deliver more oxygen throughout the body with greater efficiency.

Aerobic Exercises – jogging, running, speed walking, swimming, cycling, rollerblading, . . .

Aerobic Sports - basketball, soccer, water-polo, wrestling training, hockey

Anaerobic Exercises – sprints, weight training, explosive training (plyometrics/jumping)

Anaerobic Sports – track, volleyball, football, baseball, golf, tennis . . .

WARMING-UP helps your body transition from rest to exercise. A slower paced version of your aerobic routine can be used to start raising the heart rate and warming up your muscles. It is important to warm-up and then stretch your muscles to reduce the risk of injury. This should include stretching all the major muscle groups (ie. neck, shoulders, back, chest/torso, abs, arms, glutes, upper and lower legs). Failing to warm up can result in injuries that keep you from working out for days, weeks or even months at a time.

COOLING DOWN after exercise is important to avoid blood pooling in the extremities and slows the heart rate back to normal and returns blood circulation to pre-activity rates. Performing a slow version of your aerobic activity helps to release chemicals (lactic acid) from the muscles that are built up during the intensity of the workout that cause sore muscles. Failing to cool down after vigorous exercise can result in dizziness, fainting, heart stress, and sore/stiff muscles. A cool down should include stretching of all the major muscle groups to relax muscles and increase flexibility.

TARGET HEART RATE – Reaching and maintaining your THR helps burn fat and calories at a faster rate and improves cardiovascular strength and endurance. (70%-85% of MHR age 16 -estimated THR = 142 - 173)

AEROBIC DANCE is comprised of a series of body movements designed to raise your heart rate and work out large muscle groups. These workouts are done to music with a driving beat to set the pace. Aerobic dance is a type of conditioning that uses movement routines composed of simple steps from jazz, folk, and social dance, synchronized to popular music. It provides an alternative to other aerobic fitness activities such as jogging, bicycling, swimming, etc.

STEP AEROBICS are similar to aerobic dance except that the lower body workout makes use of a step to increase muscle conditioning and provide a low-impact workout. Step aerobics uses all planes of movement, which will highly improve your mind and body awareness connection. It is good to start out with one step until your body is use to the movement and builds up enough cardiovascular endurance to add more than one step. Steps utilize the primary muscle groups as well as your stabilizing muscles (balancing muscles) to create a high intensity workout.

KICKBOXING is a relatively new sport, stemmed from martial arts, that has been fine tuned for only two decades. Kickboxing improves balance, flexibility, coordination, strength, muscle tone, endurance and stamina. It also improves confidence in using self defense techniques. Kickboxing engages as many fitness principles as possible: aerobic, anaerobic, ballistic, dynamic, and static muscle contractions. This combined with plyometrics (jumping) and resistance (punches/push-ups) raises the basal metabolic rate (increases your metabolism). Most of the exercises engage the back and abdominal muscles – which increases balance and coordination.

PILATES is a method of physical and mental exercise involving stretches and breathing that focus on strengthening the abdominal core and sculpting a streamlined body. The core muscles, “the powerhouse”, include your abdomen, lower back, hips, and buttocks. Pilates can help you create a long, lean sculpted look and improve your posture, circulation, energy and stamina. Pilates is a combination of exercises done in a **specific order** and rhythm to condition and strengthen your muscles. This allows your body to burn more calories during and after the workout and also conditioning your heart and increasing your aerobic capacity.