

# GROUP FITNESS CLASSES

**All Levels Yoga (Hatha Yoga)** -Uses postures and stretches in combination with breath to develop flexibility, balance and relaxation.

**Barre Connect** -Combines ballet dance technique with strength training and short cardio bursts for a total body sculpting workout. Helps improve posture, core strength and balance.

**Bootcamp** -A fast paced high intensity class. Boot Camp will be a mix of body weight exercises with interval and strength training. It will push you every time.

**Cardio/Strength** -Class will be split between lower impact cardio movements followed by strength training. Class will also incorporate Pilates and Barre style movements to help build long and lean muscle.

**F.I.T.** -Functional Interval Training- This class will burn calories and fat, and tone up those muscles utilizing a variety of equipment to get results. A different format for each class, so it's always something new!

**Gentle Yoga** - is designed for those who prefer a class less vigorous and looking for a slower paced flow. It includes breathing, balance, and gentle stretches, as well as simple movements designed to systematically increase range of motion and energy. It is a gentle workout and is ideal for students with chronic symptoms such as muscle/joint pain, stiffness, weakness, or fatigue.

**Full Body Intensity Training** -A great full body cardio and strength workout with strong focus on core and opposing muscle groups.

**H.I.I.T. (High Intensity Interval Training)** -High intensity, high energy athletic and sport strengthening and cardio intervals.

**High Intensity Low Impact and Toning** -Low impact but high intensity aerobics followed by strengthening and toning exercises.

**Muscle Maxx** - This class is an intense strength training workout using a variety of equipment including barbells, dumbbells, medicine balls, stability balls, bands, BOSU, and bodyweight. An awesome total body workout!

**Pilates/Core** - This method focuses on your core muscles, increasing strength and stability of the abdominals, buttocks, back, and legs. Use of Props may be added at the discretion of the instructor.

**PiYo** - Get long, lean and defined with a low impact workout. Combines the best of Pilates, Yoga and Cardio. No Weights or Jumps. Improves Flexibility, Core Strength and Endurance. Great for any age or fitness level.

**Power Hour** - 45 minutes of high intensity, high energy athletic and sport strengthening and cardio intervals. A variety of spinning, treadmills, rowing, agility and/or strength training.

**Pre/Post Natal Fitness** -This is a supervised exercise program designed to prepare women for the physiological changes that occur during pregnancy and post partum, to develop stamina and strength for labor and delivery and to restore muscle tone after the baby is born.

**Restorative Yoga** -Designed for the beginning exerciser. All exercises can be done in a chair or with a chair assist and do not require the participant to get on and off of the floor. The practice also includes techniques in breathing and relaxation. Benefits of this form of Yoga include joint mobility, lowering heart rate and blood pressure and promotion of healing.

**Row-Spin-Strength** - Interval circuit style class with an emphasis on endurance training with strength circuits inter-mixed to keep things interesting while increasing power output.

**Sculpting/Core** - Sculpt your body with a combination of weights, kettlebells, barre and pilates style moves with lower impact to build long lean muscles.

**Spinning** - Group exercise on a stationary bike. This class offers strength, interval, and aerobic rides. Perfect for all fitness levels as you "ride your own ride." Bring a water bottle and towel and arrive 5 minutes early for your first class so that the instructor can assist with setting up your bike specifically for your needs.

**Spinning/H.I.I.T** -The ultimate cardio and strength training class. Spinning and High Intensity Interval Training combined for a great workout!

**Strength & Stretch** -Do you enjoy working out in a group setting? This program is supervised by a wellness specialist and will offer a different stretching and strengthening workout each day with all of the components of a complete exercise program.

**Strictly Strength** -This multi-level class is for anyone who wants to develop muscular strength and endurance. We'll tackle "basic" resistance training exercises using traditional, strategic principles. This simple, easy-to-follow workout challenges every major muscle using a variety of equipment

**Strong & Steady** - Will incorporate strength, agility, balance, and coordination exercises used to help individuals reduce their risk of falls. Equipment may include chairs, thera-bands, light dumbbells, and bender balls.

**Variety Class** - Class formats and instructors that alternate each week to give you a fresh, exciting and dynamic workout!

**Yoga Basics** - New to yoga and want to stick to the basics? This class offers an introduction to the basics of Hatha yoga. Fundamental postures, breathwork, and relaxation techniques are introduced. Expect a slow pace and detailed instructions. Great for beginners or those who prefer a gently yoga class.

**Zumba** -A Latin-inspired dance-fitness class. The cardio based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteals, legs, arms, core, abdominals, and the most important muscle in the body, the heart.

# AQUATIC CLASSES

**Ai Chi** - Is a simple water exercise and relaxation program performed using a combination of deep breathing and slow, broad movements of the arms, legs, and torso in flowing continual patterns.

**Aqua Yoga** - Yoga held in the warm water therapy pool where participants can experience the effects of gravity elimination in order to experience relaxation and increased range of motion.

**Arthritis Fitness Water Class** - An aquatic class consisting of over 68 separate exercises that enable participants to improve and maintain joint flexibility, thereby enhancing their abilities to perform daily tasks, increase their independence and improve their overall sense of well-being.

**Pre/Post Natal Fitness** - This is a supervised exercise program designed to prepare women for the physiological changes that occur during pregnancy and post partum, to develop stamina and strength for labor and delivery and to restore muscle tone after the baby is born.

**Water Aerobics** - This class is held in the shallow end of our lap pool and our instructors make sure to give modifications so members of all fitness levels get a great workout.