



Group Fitness Class Descriptions

Note

- Classes are subject to change.
- Modifications should be given in each class.
- If you have any medical condition(s) please inform the instructor at the beginning of class.
- Please wear appropriate clothing and footwear; no jeans or sandals.
- If this is your first class, show up at least ten minutes prior to class and inform the instructor.

Group Fitness

BodyPUMP- This 60-minute or 45-minute Express workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for- AND FAST!

BodySTEP- Using a height-adjustable step and simple movements on, over and around the step you will experience a huge motivation from sing-along music and approachable instructors. Cardio blocks push fat-burning systems into high gear followed by muscle-conditioning tracks that shape and tone your body.

SH'BAM- Featuring simple but seriously hot dance moves, SH'BAM is the perfect way to shape up and let out your inner star- even if you're dance challenged. Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM is the ultimate fun and sociable way to exercise!

Zumba- Latin-inspired dance moves through aerobic, interval and resistance training. Come and join the fun!

Zumba Toning- When it comes to body sculpting, Zumba Toning raises the bar, or rather the toning stick. Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast!

Ballet Benefits- Ballet is a wonderful form of exercise and an opportunity to develop many skills necessary in life. For some, it may also be a part of the road back to health, both psychological and physical.

Sculpt and Stretch- Improve strength, balance, coordination and flexibility all in one class. This low-impact class consists of strength training with dumbbells, body bars and resistance tubing for a total body workout. The class finishes with abdominal/lower back work and stretching.

Aqua

Aqua Aerobics- Fitness and fun in the water! Weights, buoyant dumbbells, ankle cuffs and noodles are often used.

Aqua Isolation- First half hour includes walking, marching, skiing and jogging in the water. Fifteen minutes of isolation muscles, ten minutes using the noodle and/or balls and five minutes of stretching.

Deep Water- A zero impact class that utilizes the water's natural resistance to improve cardiovascular fitness, flexibility, range of motion, strength and balance. Use of a flotation device provides support while maintaining an upright position in the deep end. Swimming skills are not necessary but participants should be comfortable in deep water.

Spinning

Spinning- is a cardio fitness class on a stationary bike. Different riding positions are used to vary your workout. Intensity will vary throughout the class.

Mind and Body

BodyFLOW- Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

Mat Pilates- Pilates exercises on a mat designed to help develop and strengthen the core muscles of the body.

Reformer Pilates- Exercises on the Pilates Reformer equipment that not only develop and strengthen the muscles of the core, but can target various muscles of the body. This class requires registration and has an additional fee!

Yoga/Yoga Flow- Breath guided postures that increase flexibility and strength to the muscles and bones.

Gentle Yoga- Combine traditional flow based Yoga techniques of deep breathing, stretching with modifications demonstrated.

Yoga Asana- Yoga that focuses on body awareness, alignment and flexibility. Class participants can expect individual attention and modifications of poses when necessary.

Yoga w/ Props- A gentle, therapeutic style of Yoga what uses props to support the body. By supporting the body with props, we simulate and relax the body through balance and movement. Some poses have an overall benefit, while others target an individual part, such as lungs or heart. All postures create specific physiological responses which are beneficial to one's health and can reduce the effects of stress-related complications in the body.

Yoga w/chair- Chair Yoga is a gentle yoga class using a multitude of options and modifications either seated in a chair or utilizing the chair for support. Perfect for anyone of any age and any physicality eliminating the need to get up and down from a traditional yoga mat but still wanting the benefits of a stronger, more flexible and balanced mind and body.

Mental Aerobics- Though the brain is not a muscle, a full-body workout includes exercising the brain as well as our body muscles. Therefore, it is important to understand the changes that take place as the brain ages and to build a toolbox of activities that will give the brain a thorough workout that will allow our brains to function as well as possible!

Silver Sneakers

Cardio Circuit/Fit- This class focuses on cardiovascular endurance through non-impact aerobic activity while featuring upper body strengthening exercises with the use of hand-held weights, elastic tubing with handles and the Silver Sneakers ball. A chair is available for support.

Muscular Strength- Designed to improve strength, flexibility and balance. This class uses various resistance tools with a chair provided for a seat or support.