Group Fitness Class Descriptions

**AQUA (50 min)** A non-impact class performed in shallow water that focuses on range of motion, balance, coordination, strength and flexibility. Perfect for those who are looking for a low impact solution to your fitness goals!

**BARRE (50 min)** We mix elements of Pilates, ballet, yoga and cardio to sculpt, slim and stretch your entire body. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls, bands, and small hand weights to lift, tone and burn!

**BEGINNER KICKBOXING (30 min)** We will combine martial arts techniques with cardio in this high-energy workout! Build your stamina, improve coordination, flexibility, and burn calories as you learn the basics and working your way up to more complex moves.

**BOOTCAMP (50 min)** Circuits that are geared to make you sweat, lose weight, tone your body and have fun. Anything is game with these circuits plus they are suitable for all fitness levels.

**CHAIR YOGA (50 min)** Grab a chair and improve your strength, flexibility, balance, and posture. This class is geared to those looking for a yoga class without the floor work. Great for those who are transitioning from Cardiac Rehab or Physical Therapy.

**CYCLE (50 min)** Pedal your way through an indoor cycling class that will sculpt your muscles and generate a serious sweat. Great music, with a mix of hills and sprints that will get your heart pumping and burn a ton of calories. Express Cycle works the same way in only 30 minutes!

**CYCLE & STRETCH (45 min)** Work up a sweat cycling for the first 30 minutes followed by a deep stretch for the remainder of class. A fitness center favorite!

**DEEP H20 AQUA (45 min)** For those that are ready to take water aerobics to the next level. We take this class in the deep end of the pool and focusing on building endurance and strength all while not touching the pool floor. All participants must be able to swim and provide their own water aerobics belt.

**MASH UP (45 min)** Variable-intensity Interval Training is the new HIIT! Whether you are new to exercise or you are an athlete looking for a challenge than you’ve come to the right class! We combine Mind/Body, Agility & Strength, and High-Intensity Intervals specific to 3 levels of fitness. All are welcome to participate.

**MODERN DANCE (50 min)** An ideal class for beginners, this class teaches students the rudimentary movements that are the foundation for classical modern dance to upbeat music.

**SILVER SNEAKERS CLASSIC (50 min)** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**TBC: TOTAL BODY CONDITIONING & REP EFFECTS (50 min)** Improve your athletic capability with this head to toe workout. Total Body Conditioning offers strength and conditioning with intense cardio intervals.

**UPPER BODY FITNESS (30 min)** Workouts consist of strength training exercises for the upper body and core muscles. You will utilize free weights, medicine balls, resistance bands and body weight exercises to improve your strength and tone the upper body.

**YOGA, SUNRISE YOGA AND GENTLE YOGA (50 min)** Designed to enhance vitality and a sense of well-being, this workout will help participants gain improved flexibility, balance, strength and posture. This class may borrow from various yoga disciplines.

**ZUMBA (50 min)** Zumba is a fitness program inspired by various rhythms and dancing styles. The routines feature aerobic/fitness interval training with a combination of fast and slow dance moves that tone and sculpt the body. Some popular genres in my class are reggaeton, pop, hip-hop, cumbia, merengue and more.

**ZUMBA GOLD (50 min)** Perfect for active adults who are looking for a modified, low impact dance class that recreates the original moves you love at a lower-intensity.