

GROUP FITNESS CLASS DESCRIPTIONS

All Classes open to ages 12 years and older. Children 12-13 years must have adult in class with them.

- Circuit Training** - An efficient and challenging form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations
- Pilates** - a system of exercises designed to improve physical strength, flexibility, and posture, and enhance mental awareness.
- Seated Aerobics** - Non impact aerobics. Work up a sweat while seated and working all body parts. All ages are welcome! Great for post rehab patients.
- Sculpting** - A workout challenging your major muscle groups by using the weight-room exercises like squats, presses, lifts and curls. Your muscles will feel a little sore after your first class, but it will get easier. Discuss what weights to use with instructor prior to class for best results.
- SPARbo** - Combines martial arts techniques with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.
- SPIN** - A 45-50 minute energized indoor bicycling workout. Instructors guide participants through workout phases like warm-up, steady up-tempo cadences, sprints, climbs, cool-downs, etc. You can wear tennis shoes or Shimano-style SPD cleats. Bring a towel and water bottle. Bikes are 1st come/1st serve until further notice.
- SPIN & Abs** - 30-minute indoor bicycle ride & 15 minute hard core workout. Are you intimidated to SPIN? This is the perfect intro to cycling class. Less intense than other SPIN classes. You will learn how to set up properly on bike. Bring a small towel and a water bottle. Bikes are 1st come/1st serve until further notice.
- Step & Tone** - Combination of step aerobics with weight training. Medium impact step aerobics, but expect high intensity results. Beginners are welcome.
- YOGA** -
- Yin** - is a slow-paced style of yoga as exercise with asanas (postures) that are held for longer periods of time
 - Slow Flow** - allows beginners to create their own synchronized flow, while learning poses and how to move, breathe and stretch between poses
 - Hatha** - creates balance between body and mind through breathing, postures and meditation
 - Restorative** - is a practice that is all about slowing down and opening your body through passive stretching
 - Vinyasa** - a breath to movement, creative, and dynamic form of YOGA designed to build strength, flexibility, balance, and endurance.
- Zumba** - The program fuses hypnotic Latin rhythms and easy-to-follow moves. The routines feature fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

AQUATIC FITNESS CLASS DESCRIPTIONS

- A.B.C. (Aquatic Body Conditioning)** - Expect 25 minutes of cardio, plus toning with the aqua barbells, and stretching. Abdominals and arms are primary focus of toning.
- Aqua Ball** - This adds a small amount resistance to your workout, giving you a challenge when used. This workout is suitable for all.
- Aqua Therapy** - Restore range of motion, build muscles to support shoulder, hip, and ankle joints and core.
- Bootcamp Cajun style & Everything Noodles** - Expect 35-45 minutes of high intensity cardiovascular workout. Abdominals and toning are included. Using variety of Aqua equipment.
- Deep Water Fitness** - Deep water aerobics is a non-impact, high-resistant, total body exercise workout. It is performed while suspended in water where the feet cannot touch the bottom surface. Benefits of this method include less stress on the back, hips, knees and ankles.
- Hydro Power** - Expect 30-40 minutes of medium/high intensity. Some hopping, jumping during cardio workout. Abdominals and toning are included.
- Silver Aquacise** - Medium intensity workouts in Teaching Pool. Open to all ages. Beginners are encouraged to attend this class.