

## 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** - Nonimpact 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.
- 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 & Sculpt** - 35 minutes of energized indoor bicycling workout. Including warm-up, steady up-tempo cadences, sprints, climbs, cool-downs, etc. Then transition into a 25 minute Sculpting Class that will challenge major muscle groups by using weight-room exercises.
- 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  
**Chair** – modified yoga poses done while seated or supported by a chair. Suitable for anyone, but especially for those mobility issues.
- 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. (Level 3 Intensity)
- Aqua Therapy** - Restore range of motion, build muscles to support shoulder, hip, ankle joints and core. (Level 1 Intensity)
- Aqua Yoga** - Combined Yoga movements on a floating Aqua Mat. Focusing on improving strength, balance, and coordination. (Level 2 Intensity)
- Bootcamp Cajun Style & Everything Noodles** - Expect 35-45 minutes of high intensity cardiovascular workout. Abdominals and toning are included. Using a variety of Aqua equipment. (Level 4 Intensity)
- Deep Water Fitness** - A great opportunity for people with different levels of fitness to exercise as your body becomes weightless in the deep pool creating no pressure on your joints and less stress to the muscles and bones. The compression of the deep water plus exercises improves circulation and keeps blood pressure and heart rate low, as well as benefitting the lungs, abs, joints and muscles. (Level 3 Intensity)
- Hydro Power** - Expect 30-40 minutes of medium/high intensity. Some hopping, jumping during cardio workout. Abdominals and toning are included in all Aquatic Fitness Classes. (Level 4 Intensity)
- Silver Aquacise** - Medium intensity workouts in Teaching Pool. Open to all ages. Beginners are encouraged to attend this class. (Level 2 Intensity)