

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.

Outdoor Boot Camp - 60-minute, full body, hard core, circuit training workout integrating cardio, power, stretching and core training to build both physical and mental strength.

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 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.

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.

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 – simply refers to the practice of physical yoga postures.

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.

YOUTH CLASS DESCRIPTIONS

Speed N Strength - Incorporation of Sport Conditioning drills and other activities like running, weights, plyometric, and abdominals all to make you a stronger, faster performer.

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, and ankle joints and core. (Level 1 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. (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)