

## 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
- Country, Western, & Zydeco Dance**-Learn polka, two-step, waltz, and zydeco dances. Couples are not required.  
**Beginner**- Introduction to different styles of dance starting with basic steps.  
**Intermediate/Advance**- Faster pace and more in-depth dance moves.
- 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.
- 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 & Noodles**- Expect 35-45 minutes of high intensity cardiovascular workout. Abdominals and toning are included. Using a variety of Aqua equipment. (Level 4 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)