



Fitness Class Descriptions

General Guidelines:

- Current schedules available at front desk.
- Class cancellations or changes will be posted in advance.
- Class style and intensity varies with each instructor.
- Classes may change according to demand.

Participants need to arrive to class on time for the warm up to reduce risk of injury.

-**Body Blast** – Strength training using dumbbells, body bars, resistance tubes, balls, and/or mats. Total body conditioning!

-**Boot Camp** – Get ready for this high intensity indoor/outdoor experience! Have FUN and burn serious calories with this cardio-sculpting interval style training class.

-**Cardio Circuit** –An explosion of cardio drills guaranteed to raise your heart rate and workout fun factor.

-**Cardio Combo** – Half floor aerobics, half step aerobics, with abs that include segments on the glider or Bosu's for toning.

-**Cardio/Strength Interval**-Cardio and strength intervals. Guaranteed to burn calories.

-**Family Fitness**- Incorporating drills and exercises designed for both adults and children ranging from 8-12 yrs.

-**Group Cycling** - A calorie-burning workout! This class consists of riding drills to focus on endurance, strength, intervals and recovery. You decide how intense your workout will be. Good for all levels, beginner to advance. **(Classes held in cycle studio.)**

-**Hi-Low Hits** – Aerobics, combining high and low impact moves. Strength and flexibility segments.

-**Kick & Tone** – Train like a fighter in this high-energy class! Basic punches, footwork drills and kicks will be taught and then executed on heavy bags. Finish this class with strength-training exercises.

-**Kids Boot Camp**-Drills and exercises designed to burn some energy.

-**Pilates** - Stability and core training using the Pilates principles for strength training and stability.

-**Rep Reebok** – This weight training class consists of using a body bar and dumbbells to work specific muscle groups giving you a full body strength workout. Suitable for the first-time weight lifter and a challenge for the experienced.

-**SilverSneakers® I**– Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. A chair is used for seated and/or standing support.

-**SilverSneakers® II** – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. A chair is offered for support, stretching and relaxation exercises.

-**SilverStretch®** – Using a chair for support, the class is designed to physically and mentally engage you with a variety of safe and fun yoga postures and breathing exercises.

-**SilverSplash** – The non-impact, environment of the water lets you build strength, reduce body fat, and increase flexibility while reducing your risk of injury. **(Class held in pool.)**

-**T’Ai Chi Chih** – Challenge yourself to experience a class that can improve your circulation, calm the nervous system and quiet the mind. This practice can improve balance, flexibility and stamina.

-**Water Aerobics/Deep Water Aer.** – The non-impact, environment of the water lets you build strength, reduce body fat, and increase flexibility while reducing your risk of injury. **(Class held in pool.)**

-**Water Aerobics (Family)** – Same as above, but gives the family some exercise time together. **(Class held in pool.)**

-**Yoga** – Challenge and connect your mind and body with yoga poses, conscious breathing and relaxation techniques for a full-body workout. Class is perfect for all fitness levels

-**Zumba**- Is a Latin-inspired dance fitness class that combines fast and slow rhythms in an aerobic fitness fashion to achieve maximum benefits. The cardio based movements are easy to follow and are in a party like atmosphere.