

GROUP EXERCISE PROGRAM



**Cardio Kickboxing, Yoga, Zumba, Cycling, Aquatics
and More**

	5 Class	1 Mon Unlimited	3 Mon Unlimited	Drop-In
Members	\$35	\$60	\$120	\$10
Residents	\$40	\$70	\$130	\$11
Non-Residents	\$45	\$80	\$140	\$12
Seniors 60+	\$25	\$40	\$100	\$8

Register at the front desk

Group exercise classes offer benefits that are commonly missed by working out alone.

This program allows participants to work out socially in classes that are effectively designed and encourage consistency in exercise, so you can obtain your fitness goals. Our classes are a great way to stay motivated and excited about exercising. Our variety of classes, instructors and music make group exercise a fun way to stay accountable in reaching your goals! Join our program and never get bored with a workout again!

CLASS DESCRIPTIONS

AQUAFIT

60-minute aquatic exercise program designed to improve endurance, heart health, strength and flexibility. Class incorporates various types of resistance and weight training equipment provided by the facility. The water alleviates impact thereby protecting joints while allowing for a full body and fun workout. No swimming experience necessary.

CYCLING

Looking for a leaner, stronger body? Hate high impact exercises? Our group cycling classes are for you! Our group cycling classes are low impact, high energy and will give you the results you desire in a cycling workout. Most classes are 45 minutes. Rider must be at least 4'11" tall to ride. What to Bring: a water bottle, a towel for you, and a heart rate monitor (optional).

FIT AFTER 50

Fit After 50 is a safe, easy and effective exercise class that will lead to a number of benefits, especially for individuals who have not exercised on a regular basis, or are recuperating from a medical condition. Benefits include: improved balance, enhanced flexibility, regenerated muscle tone, improved bone density, and reduced fall risk. As we age, the lack of exercise and physical activity can increase fall risk and loss of independence. Fit After 50 will keep you healthy and enjoying life.

DEEP WATER EXERCISE

This structured deep water exercise program benefits the entire body! The water allows non-impact aerobics for less joint stress and risk of injury. Class is held in deep water, all equipment provided.

AQUACISE AEROBICS

This is a fun-filled cardiovascular workout along with muscle toning and strengthening. The class will also incorporate various water exercise equipment into each session.

WATER WALKING YOGA

This class is a fusion of exercise and yoga presented in the shallow area of the pool. This class presents a great blend of workout and stretch.

LUNCH YOGA

This class provides the energy of a flow class and emphasizes proper alignment with the gentle opening of longer-held, deeply stretching asana (postures). We will warm up and loosen the body with a fun and invigorating vinyasa (flow) practice before settling into a deeper sequence targeting the connective tissues. This class is suitable for all levels, with modifications and advanced variations offered throughout the class. You'll leave feeling focused, relaxed, strong, and calm.

CARDIO KICKBOXING

This fitness class combines martial arts techniques with fast-paced cardio and strength training. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

YOGA

This vigorous, vinyasa-style Yoga format is designed to challenge and awaken the body. We will dynamically flow through poses, pairing our breath with the movement, all while placing a great emphasis on posture and alignment to build strength, flexibility, balance and reduce stress. Poses vary every week. This class is for all levels as many variations of poses will be demonstrated. Bring your own yoga mat and come clear your mind while you strengthen your body.

ZUMBA

This Latin-inspired dance fitness class is a combination of high and low intensity routines in a dance party atmosphere! You will tone your body and burn fat through the intervals of high and low moves. Every week the music and moves are a fresh mix of Latin and pop beats and rhythms. All fitness levels are welcome, no dance experience necessary! You will leave energized and feeling great after every class!

SENIOR YOGA

This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

SENIOR CARDIO

Get up and Go with an aerobics class for you – safe, heart healthy, and gentle on the joints. The workout includes easy following, low-impact movement, upper-body strength, abdominal conditioning, stretching and relaxing exercises. A chair is available for support and easy head to toe stretching.

SILVERSNEAKERS

CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement. Hand weights, and balls are provided along with chair for support.