



# Group Exercise Class Descriptions

## **Agility & Balance**

This class will challenge and improve your balance and make you more agile. You will learn exercises that will move your joints in different patterns. You'll come away stronger and more mobile.

## **Bootcamp Workout**

Bootcamp Workout involves 3 rounds of 9 strength building circuits, with 2 minutes of cardio before and after each round. Class starts with a warm-up and ends with a relaxing cool-down.

## **BPM Cycling / Cycling / Morning Spin**

Indoor cycling or "spinning" provides a high-energy workout that burns calories and improves endurance and strength. During a typical class, various types of terrain—such as hills that you have to climb—are simulated to increase the intensity of the workout. BPM Cycling uses a rhythmic approach to spinning that follows the beat of the music.

## **Cardio Combo**

This class is an energy filled cardio/muscle training workout that gets your heart pumping and muscles moving. Not too intense, yet not too easy. This class will give you a perfect cardio and toning workout all in one!

## **Cardio HIIT**

This class incorporates an Exertube and bodyweight series designed to get the heart rate up without using weights. This class will improve your control over moving your own body. It incorporates intervals throughout a full body routine that will burn calories with ease!

## **Core & More Yoga**

Walk taller, feel stronger and enjoy the beats! Focus on core strength, muscle balance, and a full body stretch to decrease muscle tension and gain flexibility. Great for all ages, athletes and anyone looking to enhance their game!

## **Full Body Strength**

With bodyweight exercises and the use of various strength training equipment such as dumbbells, bars, exertubes, etc.), Full Body Strength will work your entire body from head to toe. Class will include a 5-min. warm-up and 5-min. final stretch.

## **Kickbox Fitness**

Kickbox Fitness is a form of martial arts derived from karate but tailored to improve your overall fitness level. It borrows moves from multiple types of martial arts including boxing, Muay Tai, and full-contact karate. Although the name implies that kicking is priority, you'll use both your hands and feet as points of contacts with a fun, energizing workout of punches and kicks.



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## **LaBlast®**

LaBlast® is a dance fitness program based on all the ballroom dances you see on Dancing with the Stars which was created by Emmy-nominated choreographer & DWTS pro, Louis van Amstel. It is partner-free, includes all components of fitness, and uses music from every era & genre.

## **LaBlast® Line Dancing**

Are you ready to take traditional line dancing out of the saddle and on to the ballroom floor, while blasting it to a whole new level of fun and fitness? Then LaBlast® Line Dance is for you! Easy-to-learn dances including Disco, Foxtrot, Samba, Paso Doble, and more get you moving to all four walls in no time at all. All dances are partner-free and can be done anywhere, making LaBlast® Line Dance the next social dance revolution. Put a smile on your face and join the fun!

## **Level 1 Cycling**

This cycling class will get your heart pumping but is geared for an easier, less strenuous workout than a traditional Cycling class. You'll have fun while boosting your cardiovascular endurance. Level 1 Cycling is great for beginners, seniors, or anyone looking for a lower intensity, but still effective, class.

## **Level 1 Strength**

Based on a philosophy of functional fitness, this class is designed to build strength, improve balance, and increase flexibility. Full body and isolation movements will be incorporated using a variety of fitness tools such as resistance bands, dumbbells, balls and more. Great for beginners, seniors, or anyone looking for a strength class in which you can really work at your own level.

## **LifeStretch®**

LifeStretch® is a mobility-stretch program that is designed to help you become more flexible in body, mind, and spirit so that you feel not only more functionally mobile but also more capable to deal with the physical and mental demands of your life. Movements progress through entire chains of neuro-myo-fascia as opposed to targeting isolated, single muscles. LifeStretch® unique use of self-traction creates space in joints, greater ease of movement, and yields bigger gains in mobility. With regular class participation, you will realize huge gains in mobility and function.

## **Power HIIT**

Focused on improving muscular endurance, starting with activation rounds using Exertubes and bodyweight. This is followed by the strength section of the class using personalized weights. Designed to be modifiable for all fitness levels. Enjoy a different workout each week designed to target different parts of the body.

## **Power Yoga**

Power Yoga is a faster-paced, Vinyasa Flow style of yoga designed to energize and build endurance while strengthening, lengthening, and toning muscles. Emphasis will be placed on linking breath with movement while taking time to feel everything from exhaustion to bliss. Modifications will be offered for poses to suit participants of all levels.



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## **Restorative/Yin Yoga**

This class will allow you to experience restoration and peace in your mind and body. It's a slower paced, calming practice that holds a variety of positions to stretch, push past discomfort, and find rest. It incorporates traditional Chinese medicine that targets the meridian lines in the body and supports organ health. By relaxing instead of activating muscles in postures, Yin Yoga allows you to pause from everyday life and time your own well-being through movement and breath. Suitable for all levels.

## **Rhythmic Pilates**

If you like to dance and workout, this is the class for you! You'll learn functional Pilates movements that focus on flexibility, stability, strength, and range of motion. While maintaining important focus, movements will be derived from your core and controlled to the rhythm of fun pop music.

## **SilverSneakers® Circuit**

SilverSneakers® Circuit incorporates upper body strength work alternated with low-impact cardio using a chair for standing support. This class is great for seniors, individuals with special medical conditions, or anyone looking for a lower intensity class that still provides an invigorating, overall workout.

## **Strength & Core**

Strength & Core will focus on building strength in your upper and lower body as well as in your back and core. You will learn proper form for strength movements and add weight to challenge yourself, no matter what your level. This class will incorporate compound movements for large muscle groups and intricate movements for smaller muscle groups for a comprehensive workout.

## **Strength, Stability & Stretch**

Resistance exercises target strength while adding an additional component for balance. The workout includes dynamic and static stretching to improve range of motion. All 3 elements of this class are combined to support an active lifestyle.

## **Strength & Tone**

Strength & Tone aims to improve daily living skills through better strength, agility, balance, and flexibility. The class promotes progressive resistance where your training load is increased as your muscles become stronger. Core work will be incorporated and is designed to build core and back muscle groups that will improve your posture and increase your flexibility while exercising. Instructor will use a variety of equipment in this class.

## **Tabata & Core**

Four Tabata (high-intensity 4-minute intervals) segments combined with bodyweight core exercises will challenge your strength and stamina during this early morning workout. This class is a great combination of cardio, strength, and core.



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## **Vin-to-Yin Yoga**

This class is an excellent mixture of both effort and ease. 30 minutes of powerful Vinyasa Flow followed by 30 minutes of passive poses held for longer periods of time, targeting the deeper tissues of the body. Suitable for all levels.

## **Zumba®**

Everybody and EVERY body! Zumba is an exercise class that feels more like a party! Low-intensity and high-intensity moves are combined for an interval-style, calorie-burning dance fitness party. Zumba is a total workout that combines all elements of fitness – cardio, muscle conditioning, balance, and flexibility while boosting your energy with a serious dose of awesome with each class. Bring your energy and your smile.

## **Zumba Gold®**

Zumba Gold modifies traditional Zumba moves with lower intensity, lower impact moves, and smooth transitions. It utilizes an engaging blend of Latin and international style music along with some catchy pop. Class will focus on the elements of cardiovascular conditioning, balance, range of motion, and coordination. Zumba Gold is great for the beginner exerciser, active older adult, or anyone who prefers not to go “full-out” for whatever reason.