

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 coordinating a variety of exercises and workout stations
- Modified Pilates**- Master the fundamentals of Pilates with controlled movements designed to strengthen the core, improve flexibility, and enhance overall body control. Perfect for those just getting started
- 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.
- Sit/Stretch/Balance**- This class helps increase range of motion, strengthen stabilizing muscles, and support everyday movement in a safe environment.
- SPIN** - 45–50-minute indoor cycling workout featuring climbs, sprints, and intervals. Wear tennis shoes or SPD cleats and bring a towel and water bottle. Bikes first come, first served.
- Spin/Abs** 40min cycle followed by 15 min abs, combines an energizing indoor cycling workout with focused core exercises to improve cardio fitness, strength, and endurance
- Spin/Sculpt** - 45min class of alternating high-output cycling intervals with focused strength-training bouts designed to elevate heart rate and muscular endurance.
- Tai Chi Flow**- A gentle “mind-body” exercise that combines slow, flowing movements with deep breathing and focus. It helps improve balance, build strength, reduce stress, and increase flexibility while being easy on the joints. (lead by a certified instructor)
- 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
- Slow Power Flow**- blend of Slow Flow and Vinyasa. Expect a gentle warm-up, smooth sequences that build heat gradually and opportunities to strengthen, lengthen, and unwind. Modifications offered, suitable for all levels.
- Beginner** - 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 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)
- Aqua Ball Aerobics**: A fun, low-impact water workout using an aquatic ball to improve strength, balance, coordination, and core stability. Enjoy a full-body workout while reducing stress on the joints. (Level 3 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)