

# GROUP EX CLASSES

| MONDAY                                     | TUESDAY                            | WEDNESDAY                            | THURSDAY                      | FRIDAY                       |
|--|------------------------------------|--------------------------------------|-------------------------------|------------------------------|
| <b>Zumba Gold</b> 9:15am<br>Ann            | <b>Spin</b> 9:15am<br>Kristi       | <b>Tai Chi</b> 9:15am<br>Lia         | <b>Spin</b> 9:15am<br>Kristi  | <b>Tai Chi</b> 9:15am<br>Lia |
| <b>Vinyasa Flow Yoga</b> 10:30am<br>Kristi | <b>Chair Yoga</b> 10:30am<br>Diane | <b>HIGH Fitness</b> 10:30am<br>Lacey | <b>Barre</b> 10:30am<br>Wendy |                              |

BASKETBALL COURT
  STUDIO 2
  STUDIO 1

## CLASS DESCRIPTIONS

### HIGH Fitness

HIGH fitness has brought aerobics back in a hip and unique way, and the world is taking notice. Old School Aerobics meets HIIT training, all mashed up into a one-hour, total body workout.

### Spin

Join us on the pool patio for a classic, high-intensity cycling workout. This class is a fun, challenging, and energizing way to get your cardio!

### Tai Chi

A slow-paced, low impact, gentle movement are based on 24-movement Short Form. Increase balance and enhance well-being.

### Barre

Barre Fuses techniques from Dance, Pilates, and Yoga to tone, define and chisel the body. A perfect combination of strength and flexibility with a cardiovascular element utilizing the barre.

### Vinyasa Flow Yoga

This class focuses on the flow of one position to the next, often matched to controlled breathing.

### Chair Yoga

Yoga that eliminates the challenge of getting down onto the floor with standing, sitting, and mat poses performed on a chair.

### Zumba Gold

The same great Zumba formula at a lower intensity. Each class has a longer warm up and cool down to allow participants a program that improves balance, flexibility, and cardiovascular strength.

