

## CLASS DESCRIPTIONS

### **HIGH Fitness**

This class 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.

### **Cycle**

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

### **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.

### **Zumba**

Filled with Latin and World rhythms, Zumba delivers a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No experience necessary, everybody and every body is welcome! Let's party!

### **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.

### **CardioYo**

A blend of nonimpact floor cardio movements, followed by basic standing yoga poses with or without very light weights. No yoga experience necessary.

### **Fitness Equipment Orientation**

Learn more about how to use the fitness equipment in the weight room - both strength and cardio machines - join us for a 30-minute orientation.

### **Step & Sculpt**

With the goal of increasing cardiovascular fitness and strength, we will combine step aerobics and strength training in one fun- filled hour of fitness.

### **Body Sculpt**

This class is designed to help build strength and endurance. It includes resistance training, body weight exercises and finishes with core training and stretching for a complete workout.

### **HIIT It**

Get ready to sweat! HIIT It is a high intensity class influenced by boxing conditioning exercises that will help you develop power, muscular endurance, and cardiovascular endurance. \*Feel free to bring your own boxing gloves if you have them.

### **Pilates**

A full body workout that helps create long, lean muscles. Pilates is performed on a mat on the floor, using gravity and your body's own resistance to work the muscles.

### **Vinyasa Flow Yoga**

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

### **Vinyasa/Yin Yoga**

This type of yoga class is a combination of vinyasa flow while also holding a pose for a longer amount of time to get a deeper stretch.

### **Chair Yoga**

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

### **Tai Chi**

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

### **Sit & Be Fit**

Using the chair, this class focuses on resistance training and cardio to give you a total body workout without being on your feet.

### **L.I.F.T. & Balance (Low Impact Functional Toning)**

Workouts focused on proper body mechanics, balance, and alignment to help improve quality of life and decrease risk of injury.

## AQUATICS

### **Aqua Strength & Flex**

This class is geared to improve balance and mobility by working out in warmer water. Class taught in the Leisure Pool.

### **AquaFit**

An active workout designed to improve aerobic fitness, strength, and flexibility.

### **AquaYoga**

An active workout designed to improve balance, strength, and flexibility.

### **Aqua Fusion**

This is a fun, all over cardio, toning and strength class utilizing a variety of different equipment.