

## Class Descriptions

### Mind & Body

**Chair Yoga:** A great way to relax from head to toe without the stress of getting out of your chair. Open your hips, move your shoulders and neck, and find length in your spine with this chair yoga flow.

**Gentle Flow & Restorative Yoga:** This class is beneficial for all ages and fitness levels. This class combines a gentle-flow yoga practice with a relaxing and restorative yoga integration at the end of the class.

**Jin Shin Jyutsu:** This class teaches ancient Oriental art of healing that helps to balance and harmonize the body. Participants will learn various Jin Shin Jyutsu hand placements and focus on intentional breathing techniques to help facilitate the proper flow of energy in the body, relax tense muscles and reduce stress. \* **Please bring a pillow and blanket with you to class.**

**Pilates Stretch:** This class combines traditional Pilates with a blend of functional stretching to help strengthen your core and enhance your flexibility.

**Power Yoga:** Power yoga is a high intensity class moving through an athletic, sweaty flow of both fundamental and challenging asanas designed to empower and energize while building strength, balance and flexibility.

**Tai Chi:** A graceful form of exercise that teaches a series of movements performed in a slow, focused manner, accompanied by deep breathing.

**Vinyasa Yoga:** This class offers an equal challenge of endurance, flexibility and strength, all while linking the body movement with breath as you flow between poses.

### Muscular Strength & Endurance

**Body Sculpt/Core Sculpt:** A strength-based class mixed with cardio variations that will help you to define your muscles and sculpt your body! Core Sculpt emphasizes movements from the core. This class format challenges muscular strength and endurance for a workout that will not disappoint.

**Boot Camp:** A class that will get your blood pumping and your energy rising! This class incorporates drills designed to enhance agility, speed, power, and strength.

**Circuit Fusion:** This class will provide you with a mix of cardio and strength training by using various circuit formats.

**Friday Surprise:** Anything goes in this class, making it the perfect end to a busy week! Various formats such as tabata, HIIT, MetCon, and more will be used. Join us in this class for a great surprise workout before you start your weekend!

**HIIT:** (High Intensity Interval Training): A type of cardio and muscular endurance training in which you alternate working intensity and interval times. HIIT training not only helps athletic performance, but also improves the ability of the muscles to burn fat.

**Kettlebell:** This class will teach you the basics of kettlebell movements and progress you through various workouts and techniques using kettlebells for this popular and effective form of exercise.

**MetCon:** Metabolic conditioning is a method of training that uses the AMRAP method (as many reps as possible). This class will push the body to new limits for a metabolic burn that will last far beyond class.

### Cardio

**Cardio Blast:** This cardio-based class provides a mix-up of various cardio formats, such as tabata, high & low intensity cardio drills, step combinations, core work, and more for a total body workout with a cardio twist.

**Cycling:** A cycling class delivering cardio challenges with hill climbs, jumps, and flats at varying speeds and resistance for all participant levels.

**Cycle & Sculpt:** A cycling class that incorporates strength training to tone and build muscle, increase core stability, and improve cardiovascular health.

**Kickboxing Fusion:** This cardio-based class blends Pilates, Kickboxing, and Dance into a fat-burning, muscle-sculpting interval workout that is both fun and challenging.

**Running Club:** Whether you love to run or you are training for an event, you are encouraged to attend! Running club classes provide education, technique, and performance improvement for all levels!

**Tabata:** This class uses intervals of a 20:10 second working-to-rest ratio for a period of 4 minutes. Simple, yet intense exercises are performed to produce one of the most effective types of high intensity interval training.

**Zumba:** A Latin inspired dance-fitness class that incorporates international and pop music creating a dynamic, exciting, fun, and effective workout.

### Low Impact

**Beginners Strength:** A class format designed to combine strength development and cardiovascular conditioning for those beginning their fitness journey or those who are seeking a less intense strength training class.

**Gentle Stretch and Strength:** A gentle format fit for the active senior population, which encompasses stretching and strength. Chair options are available.

**Low & Go Cardio:** A low-impact cardio class that is perfect for anyone, especially those who are looking for a fun, motivating workout without high intensity.

**Low & Go Strength:** A low-impact circuit strength class that is perfect for anyone, especially those who are looking for a fun, motivating workout without high intensity.

**Senior Fitness:** Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Pilates ball are offered for resistance. A chair is used for seated exercises and standing support.

### Aquatics

**Aqua Boot Camp:** This class is our most intense Aqua class! Get ready for a challenging water workout that utilizes components of speed, cardiovascular endurance, muscular endurance and strength.

**Aqua Fit:** A higher intensity aqua class that combines segments of cardio and strength training. Aqua Fit uses intervals that will push your limits.

**Aqua Fusion:** A blend of aqua-based class formats that range from Aqua Pilates, Aqua Dance, and Aqua Yoga, to a more intense Bootcamp-style class! Class designs will vary weekly to optimize your workout.

**Gentle Aqua Fusion/Fusion & Stretch:** Designed from our Aqua Fusion Class, but with a more "gentle" approach. This class will help you improve strength and cardiovascular endurance while having fun! Get fit with this 45-minute water workout.

