

Class Descriptions

30/20/10: Various cardio, strength and stretching will be integrated into an hour class taught by 2 great instructors on alternating weeks.

BALANCE & FLEXIBILITY: this class will gently increase your balance ability & create flexible muscles

BEGINNING PILATES: this class improves balance and coordination focused on the abs and back.

BALLROOM DANCE: Various ballroom and dance classes for couples or individuals. Fee required; please see front desk for details.

CARDIO CALORIE ATTACK: Vigorous & fun low impact floor work combines with plyometrics to raise heart rate up & burn

CARDIO/ STRENGTH: 1st half of class is cardiovascular training; the 2nd half focuses on muscular strength & endurance.

DANCING WITH WEIGHTS: A fun way to enjoy working out with hand weights while dancing.

GROUP CYCLE: Whether you are in good shape or just getting started in an exercise program, cycling is an efficient, challenging, yet enjoyable way to achieve and enhanced level of fitness. This class is low impact; therefore, a safe alternative to other exercise routines.

HARD BODIES: Full body muscle conditioning for those who want to achieve a strong, tight body. Work hard & enjoy every minute!

HEART BEATS: Low impact aerobic & toning class based on safe progression & needs of cardiac rehab & senior participants.

BEGINNER STEP: Learn introductory moves used in the step classes. See description of Step.

KARATE FITNESS: a full-body, cardiovascular workout including agility training based on Shito-ryu Karate. The class content includes stances, punching, kicking, blocking, self-defense & stretching.

PILATES MAT CLASS: A mat class designed to increase body awareness, improve health & posture while elongating & strengthening the muscles. Look for Pilates 101 class for beginners.

PI-YO STRETCH: A combination of Pilates, yoga and stretch for all fitness levels. This class increases strength, balance and flexibility.

SHITO-RYU KARATE: Traditional form of karate which includes punching, kicking, blocking, throws, falls, mat work, nunchaku, self-defense & kata. Class emphasises self-defense training & personal development. Fee for certification required; please see front desk for

SILVER SNEAKERS® CARDIO CIRCUIT: Upper body strength work with hand held weights, elastic tubing with handles, & a ball is alternated with non-impact lower body aerobic choreography.

SILVER SNEAKERS® MUSCULAR STRENGTH RANGE OF MOTION: The class emphasizes movement, toning, strength, and flexibility. Most exercises are done sitting in a chair and include breathing, stretching, balance, posture, and resistance exercises.

SILVER SNEAKERS® YOGA STRETCH: Move your whole body through a complete series of seated and standing yoga poses.

SPORTS CONDITIONING: Designed to train aerobic & anaerobic energy systems, improve muscular strength, power & endurance.

Prepare to play hard!

STEP: A high energy class using an adjustable platform to perform combinations using arm & leg movements while stepping up & down. This class is jam-packed with choreography, athletic movements & upbeat music. Look for Introductory and Beginner classes.

STRETCH & STRENGTH: Using Mai chi, exercise ring & fit ball, to strengthen core & major muscles, also improves balance &

STRETCH & TONE: Stretch & tone each muscle group in the body & leave feeling energized.

TNT: An overall body conditioning class utilizing free weights & machines, as well as a mat for core exercises. Look DyNoMite!

STONE N TIGHTEN: Traditional weight room exercise routines using barbells & hand weights set to music in a group setting.

TOTAL BODY SCULPT: Full body muscle conditioning for a strong, lean body. Uses your body, bar bells, weights, resistance tubing, stability balls, gliding disks & more. Complete this workout 2-3 times per week for muscle strength & endurance & increased bone

YOGA: A yoga system that focuses on improving the mind-body connection. Sequences of body postures (asanas) & breathing exercises (pranayama) create a challenging & stress relieving routine that improves the overall body & mental focus.

ZUMBA/ZUMBA GOLD: A spicy combinations of Latin dance and fun music that will make you want to move! No coordination required. Come join the party! Fee required; please see front desk for details.

ZUMBATOMIC- fun filled class for kids. Class will run through June 12 with exception of Sunday, May 29. This class will be going on the same time as the Zumba class for adults. Get your kids healthy, keep your kids healthy, ZumbaTonic can help! Fee required; please see front desk for details.

ZUMBA TONING - combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves. Use lightweight dumbbells to enhance rhythm and tone all your target zones, including arms, abs and thighs.

Aquatics Classes

AQUA BODY BLITZ: experience the fun and challenge of this dynamic 45 min calorie-blasting water workout!

AQUA CARDIO BLAST: Amp it up some! Emphasis on lots of movement with a little body work thrown in.

AQUA FITNESS: A dynamic water class using different intensities to improve muscular strength, power, & endurance. This class can be challenging and could utilize aqua dumbbells, balls & noodles ending with stretching exercises.

AQUA KICKBOX : Kickboxing combines with water to create an incredible aqua workout.

AQUA ZUMBA : is an invigorating workout good for anyone who wants to get a complete workout in half the time. By working out in the water with Aqua Zumba, the participant will work on aerobic endurance, muscular resistance, flexibility, and joint mobility all at the same time. Aqua shoes are necessary.

HYDRO FLEX: A series of specially designed activities, which with aid of the water's buoyancy & resistance, can help improve joint flexibility & muscle strength.

SILVER SNEAKERS®SILVER SPLASH: Aquatics class in which a kickboard is used to develop strength, balance, & coordination.