

## GROUP EXERCISE CLASS DESCRIPTIONS

**Aquacise:** Is a multi-level pool workout that offers both cardiovascular, muscle conditioning using dumbbells, abdominals, and range of motion with balance work. Men and women of all ages are welcomed. No swimming skills required.

**Balls, Glides & More:** A multi-level style workout designed to challenge your level of fitness. Using gliding discs, resist-a-balls, medicine balls, weights or bands to strengthen your core.

**Boot Camp:** Drop and give me 20! Class utilizes challenging segments of cardiovascular work, muscle conditioning and other drills—just like in the Army!

**Cycling:** Indoor Cycling is a group exercise class done on stationary bikes with gears and RPM's. During the class the instructor simulates a ride. Together, you travel on flat roads, climb hills, sprint and race! It is truly a fantastic cardiovascular class.

**Explore the Barre/Pilates:** Barre-based classes use a combination of postures inspired by ballet and other disciplines like Yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. May incorporate light weights and mats for targeted core work.

**Get Started:** Just starting out? Unfamiliar with classes? This class is for you! Easy to follow, low impact aerobics with weight or resistance training and never getting down on the ground. Great music, great fun. Suitable for entry-level workouts and Age 50+ members.

**HIIT:** Benefits from this class will help increase your core strength, burn calories, H.I.I.T (High Intensity Interval Training) is the rage right now and for good reason.

**Pilates:** A highly effective way to learn the fundamentals of strength, posture, vitality and natural grace. The new craze in movement therapies, Pilates teaches the body to stabilize, move and breathe in a whole new way.

**Power Sculpt:** Class combines fat burning cardio mixes with resistance or weight training and abdominal toning for a total workout.

**Step and Sculpt:** A total body workout! Class starts with high intensity stepping followed by body sculpting and a cool down.

**Total Body Works:** A combination of cardio and strength training ending with an abdominal routine and great stretches to leave you feeling long and lean.

**Ultimate Fusion:** A blend of cardio, strength and Core/Pilates. The 1<sup>st</sup> of the month it will be Barre Pilates.

**Water Zumba:** Easy to follow dance steps to the tune of Latin music – in the Water!

**Yoga:** A body/mind adventure incorporating asanas, breathing and mindfulness for a complete Yoga experience. Sculpt a leaner, stronger body while releasing tightness and fatigue.

**Youth Boot Camp, Circuit, Yoga & Zumba:** Group Exercise classes, exclusively for Ages 10-16.

**Zumba:** Latin Favor Dance Workout! Easy to follow dance steps to the tune of Latin music. Routines feature aerobic/fitness training with a combination of fast and slow rhythms that tone and sculpt the body. And, it's just so much fun!

MEMBERS MAY CALL UP TO 24 HOURS BEFORE ANY ADULT YOGA, PILATES OR CYCLING CLASS TO RESERVE A SPOT!



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