

CLASS DESCRIPTIONS

Abs & Back – Stand Tall! Perform 30 minutes of abdominal and back exercises aimed at strengthening muscles which serve to properly align & support the spine.

Cardio Camp – Challenge your metabolism to keep up with this class! Drills utilizing the jump rope, step, and your own body weight make this class unique. Take the intensity to YOUR level.

Cardio Splash – This class format is designed for a more advanced water workout utilizing sports conditioning moves to create a more intense cardiovascular workout.

☀ **Cycle** - Burn up to 450 calories in 45 minutes! Yes! Everyone will win with this 45 minute indoor ride set to fun, motivating music. New participants will be properly fit for their bike. **Class size is limited. To reserve your spot, check-in at the Service Desk.**

☀ **Cycle Extreme** - Jump-start your day with Cycle Extreme! Experience hills, valleys and flat terrain set to motivating music. Class runs for an hour, but you stay for as long as your time allows! New participants will be properly fit for their bike. **Class size is limited. To reserve your spot, check-in at the Service Desk.**

Core Connection – Define, strengthen & reshape your core to make it your body's powerhouse in this non-cardio, functional training class.

Family Swim-Pool time just for families! The pool is closed for all other swimming during Family Swim.

ForeverFit Strength - Enjoy this group fitness class with the use of a chair while listening to motivating music. This class incorporates seated and standing movements which strengthen the muscular system. Hand weights, tubes and small exercise balls add to the experience.

ForeverFit Yoga – With the support of a chair, enjoy yoga poses and positions while increasing your overall balance and muscle endurance. Strengthen your body and relax your mind.

Group Power – Your HOUR OF POWER! This 60 min barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors.

HIIT the Step – Step training combined with High Intensity Interval Training (HIIT) creates a sweaty, high energy class that will test your cardio endurance levels.

HIIT – High Intensity Interval Training at it's best! A short intense workout that provides improved athletic capacity and conditioning while improving metabolism and fat burning.

H2O-Exercise – Proven results while protecting joints. Cardiovascular conditioning and muscle strengthening performed in the water. Aqua dumbbells and other floating devices are used to enhance the strength component of class while the water cushions the impact.

☀ **Kid Fit** – An hour of non-stop, action packed fun! Kids age 5-9 will play games which highlight teamwork, sportsmanship and fitness.

☀ **Kid Fit Express** –All the fun of Kid Fit packed into 45 minutes in Studio I.

☀ **Pilates** – Stand taller, look leaner! Achieve profound results as you learn multi-muscle exercise technique, core strength and balance. **To reserve your spot, check-in at the Service Desk.**

SilverSneakers® – Classic – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver&Fit® Experience – Silver&Fit Experience is for moderately active older adults who exercise in some way one to two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength, and cardiovascular endurance. (45 minutes)

☀ **Supervised Pool Play** – If you can swim the width of the pool come join us for supervised games, relays and swimming fun! Children who cannot swim may participate with an adult (16 or older). Parents must remain on premise during this activity.

☀ **Tae Kwon Do** – Tae Kwon Do for kids ages 6 to 16. Students will learn practical self-defense skills and work towards mind and body coordination. Kids gain confidence, set their own goals and test for belts when they're ready.

☀ **U-JAM** – The music will take you around the world from old school hip hop to Bollywood with an athletic, intense cardio workout that makes you sweat and leaves your body craving more!

☀ **Yoga** – Beginning and advanced students alike are welcome to improve health by focusing on proper breath, alignment, and individual flexibility and strength. You will progress through a combination of flowing and sustained postures and will learn to hold the postures for an extended time. **To reserve your spot, check-in at the Service Desk.**

☀ **Yoga Fusion** –This mind body workout will help you tone and re-align your body. You will feel longer and leaner while you strengthen your body, quiet your mind and refresh your spirit.. **To reserve your spot, check-in at the Service Desk.**

ZUMBA - Ditch the workout and join the PARTY! This easy to follow, Latin based aerobic class is perfect for all generations and all fitness levels. Working out is easy when you look forward to it. You're invited! Join the party.

\$ = Fee; Information available at the Service Desk

☀ = **LIFESTYLE CLASSES** FREE for all Executive Members. Children must be listed on membership to participate in youth classes. Sign up at the service Desk before the start of the class. Fitness Members may pay a drop-in fee if space is available.

Please Note: A minimum number of participants are needed to maintain a class on the schedule