

CLASS DESCRIPTIONS

ActiveAdult Cardio – Get Up & Go with an aerobics class for you-safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

ActiveAdult Circuit – The Circuit Experience is for moderately active older adults who exercise in some way one or 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)

ActiveAdult Fitness Orientation – A one hour orientation for new health plan members. Staff will explain how to use exercise equipment safely.

ActiveAdult 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.

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

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

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

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.

H2O- X – 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.

H2O Circuit – Push your limits with the safety of the water. Aquatic exercise set in a circuit format.

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.

☀ **Kid Fit** – An hour of non-stop, action packed fun! Kids age 5-10 will play games which highlight teamwork, sportsmanship and fitness.

SKarate – Classic Okinawan Shudokan Karate teaches self-awareness, discipline, control, defense and confidence. Ages 5 & up.

☀ **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.

Step Fusion – A combination of the step you love with a HIIT of fun that will push your calorie burn to the max!!

☀ **STRONG** – High Intensity Interval Training combined with Synced Music Motivation. The music & moves sync in a way that pushes you past your limits to reach your fitness goals faster.

☀ **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.

☀ **Tabata Bootcamp** – High Intensity Interval Training - low to moderate intensity intervals are alternated with high intensity intervals.

☀ **Tabata Step** – Tabata drills fused with Step training. Don't miss out on this fast paced, high energy, dynamic class.

Turbo H2O – Pump up your water workout! This class combines sports conditioning & traditional water cardio moves for one dynamic water workout.

☀ **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!

☀ **Wallyball** – A “fast paced” Volleyball game inside a racquetball court. Teams consist of 2-4 players. Free to all Executive members. Ages 12 & over.

☀ **War 30** – Easy to follow fight patterns and drills, creating a HIIT affect that will give you all you need to improve cardiovascular strength and endurance.

☀ **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. Class size is limited. To reserve your spot, check-in at the Service Desk.

☀ **Youth Power Play** – Organized group training for kids age 9-12 led by a certified personal trainer. This class will host a variety of different fitness activities each week.

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. You're invited! Join the party.

Zumba Basics – A senior friendly class to get you started in the art of Zumba! This 45-min cardio class is geared to introduce participants to the movements found in traditional Zumba classes.

\$ = Fee; Information available at the Service Desk

☀ = **LIFESTYLE CLASSES** FREE for all Executive Members. Children must be 7 years of age and listed on membership to participate in youth classes. 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.