

# 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 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.

☀ **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.

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

**Body BLAST** - Challenge your metabolism to keep up with this class! Drills utilizing the jump rope, stability ball, and your own body weight make this class unique. Take the intensity to YOUR level.

**Body BLAST 30** - Same great workout as Body BLAST in half the time.

☀ **Cycle 45** - Jump-start your day with Cycle 45! Experience hills, valleys and flat terrain set to motivating music. New participants will be properly fit to their bike. *Class size is limited. To reserve your spot, check-in at the Service Desk.*

☀ **Cycle 60** - Same as Cycle 45 but with an extra 15 minutes of workload to continue challenging your stamina. Class runs for 60 minutes but stay for as long as your time allows. *Class size is limited. To reserve your spot, check-in at the Service Desk.*

☀ **Cycle PnP (Planks and Push-ups)** – 45 minutes of high intensity cycling intervals followed by 15 minutes of planks and pushups. Get a full body workout in this cycle class. *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.

**HIIT** - High Intensity Interval Training at its best! A short intense workout that provides improved athletic capacity and conditioning while improving metabolism and fat burning.

**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.

**H<sup>2</sup>O-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 5-10 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.

☀ **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 SilverSneaker ball are offered for resistance. A chair is available if needed for seated or standing support.

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

☀ **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.

**Triple 15** - Your lunch-time, calorie roasting workout that includes 15 minutes of cardio, 15 minutes of strength exercises, and 15 minutes of core strength, balance, and posture!

☀ **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.

**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. 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