

# GROUP FITNESS - CLASS DESCRIPTIONS

## Mind & Body

### Flexibility

Gentle stretches to increase range of motion. Class ends with a relaxation segment to calm the mind and body. This class is great for older adults.

### Energy Stretch

Dynamic and static stretches are combined to improve flexibility.

### Barre Class

Designed for all levels. This class combines Pilates, yoga, strength, and dance to give you a full body workout. A ballet bar is used to assist with stretching, strength and balance. Come see what the craze is all about!

### Barre Ballet

Focuses on flexibility, muscle strengthening and balance through the application of classical ballet barre exercises. This class is great for cross training, targeting specific muscles and joints. Barre Ballet teaches you to apply and maintain control and grace to your fitness routine.

### Qi Gong

An invigorating mind-body workout consisting of stretches, breathing exercises, flowing movements and meditation. Amplify your internal energy and benefit your mental clarity and focus.

### Tai Chi

Tai Chi uses beautiful controlled movements aligned with breath to harmonize energy flow in the body.

## Mind & Body - Pilates

### Pilates 1

The fundamentals of Joseph Pilates' principles are used for this mat-based class. Core strength in the primary focus. Other benefits include improved shoulder and hip mobility and improved posture.

### Pilates 2

A continuation of Pilates 1 with more challenging exercises incorporated.

### Cardio Pilates

This class will take you through unique variations of traditional Yoga poses and Pilates exercises. You will work every muscle group and get the benefits of core training along with a cardiovascular workout.

## Mind & Body - Yoga

### Gentle Chair Yoga

This class is designed with a gentle approach for participants with limitations. Asanas may be assisted using chairs and props. Posture, breath, flexibility and strength will be emphasized.

### Gentle Yoga

A slower pace and gentler poses soothe and nourish the body and mind. An ideal practice for on-going gentle practitioners, students newer to practice or those with physical injuries that prohibit a more vigorous practice.

### Yoga Basics

A moderately paced practice combining still poses and flowing movements. Breath awareness and stretching are incorporated. Suitable for healthy beginners or on-going students.

### Hatha Yoga

Traditional yoga for every body. A meditative practice connecting mind, body and spirit through centering, asana (postures), pranayama (breathing), and savasana (relaxation).

### Hatha/Vinyasa Yoga

Standing, seated and supine poses are mindfully practiced in both moderately active vinyasa and dynamically still forms with an emphasis on linking breath and movement. Deep relaxation and restorative poses are incorporated to soothe the body and mind, and to off-load stress.

### Dynamic Vinyasa Yoga

An active practice that emphasizes strengthening of muscles while linking movement with breath. Poses are also held in stillness to build stamina and focus. Balance, flexibility, and relaxation complete your practice.

### Power Flow Yoga

A vigorous practice in a warm room. Linking movements with breath, this vinyasa style flow will emphasize strength, balance, stamina and focus. Conclude your practice with mindful relaxation.

## Water Fitness Classes

### Aquatic Fitness

When exercising in the water you can work up to 12 times harder without stress on the bones and ligaments. The dynamics of the water allows you to work at a lower heart rate and achieve the same benefits as on land.

### Liquid Flow

Come enjoy a warm water class that emphasizes stretching, flexibility, and gentle range of motion exercises. You will use a variety of equipment while exercising in the warm water therapy pool.

### Hydro-Blast

An active workout using high intensity movements combined with strength training. This class covers all you need for a great aqua workout in the lap pool.

### H2O Challenge

Challenge yourself in this fun, energetic water class with dumbbells and noodles.

### Aqua Zumba

Add a Latino flare to your water workout party that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

### Deep Water Workout

30 minutes of deep water fitness followed by 15 minutes of strength training in the warm water therapy pool using a variety of equipment.

### Intervals to Circuit

Join us for this high energy class of either intervals, cardio and strength to circuit training moving through water. This is a shallow water class.

## Strength Classes

### Core & More

A class centered around your center. The focus is to strengthen the large and small muscles that support a strong core and tall posture.

### Core & More Lite

A lighter version of core training which includes a relaxing stretch.

### Total Body Blast

A continuous two minute interval format which begins with a basic strength move, builds into a dynamic strength movement and finishes with a plyometric movement to build muscular strength, endurance and power while generating a heart rate response.

### Strength Conditioning

Strength and endurance class using a variety of weighted resistance.

### Strength Plus

Strength conditioning plus a boost of athletic movements mixed in to increase metabolic rate.

## Cardio Classes

### Zumba Gold

An invigorating Zumba workout with an easier pace to follow specifically designed for Seniors.

### Senior Recess

Games, drills and activities designed to improve functional strength, balance and agility.

### Zumba

Come experience the newest craze in dance aerobics. This mixture of body sculpting movements and easy to follow dance steps is an energizing cardiovascular workout that has the whole country dancing!

### Cardio Kickboxing

High-energy sessions that combine boxing, martial arts, and various cardiovascular modes to provide a total body workout.

### Step

A fun, traditional step class with easy to follow combination that progressively builds choreography utilizing dance and athletic movements on both step and floor for a high energy, pumping workout guaranteed to make you sweat!

### Cardio Mix

A mix of various cardio formats that will burn fat and improve cardiovascular health. A core strengthening segment completes your workout.

### Cardio Dance

This is a 'follow-a-long' fitness class. You will experience a well rounded workout using to a variety of dance styles accompanied by an eclectic blend of music. Get ready to have fun while burning those calories!

### Dance & Tone

A combination of dance segments with weight training blended in.

### Tabata Boot Camp

A high intensity interval training format. It moves quickly in a specific time frame. An exercise is performed at maximum intensity for 20 seconds, rest for 10 seconds and repeat about 8 rounds before moving to the next exercise. This format will improve aerobic and anaerobic endurance before cooling down with stretch relaxation.

### Treading

Instructor-led class held on the fitness floor treadmills incorporating speed and elevation intervals to take your cardio workout to a whole new level!

## Cycling Classes

### Power Cycling

A cycling class using visualization and music for motivation. Climb hills and sprint your way to fitness. Non-impact and intensity is individually controlled.

### Cycling & Stretch

A 45 minute cycling class followed by a 15 minute segment of stretching that emphasizes the release of muscles primarily used in cycling.

## Combo Cardio/Strength Classes

### Senior Fitness

Improve endurance, balance, flexibility, and upper body, lower body and core strength, in a fun group environment. Exercises performed from both sitting and standing positions. Participants are encouraged to work at their own pace.

### Lite Interval

A combination class featuring various aerobic formats combined with weights and balls. This class is great for beginners. All ages are welcome.

### Interval Challenge

Interval training alternates segments of strength and cardio to maximize caloric expenditure.

### 20/20/20

Designed to give you a taste of everything while keeping your interest with a variety of formats. A blend of cardio, strength and core.

### R.I.P.P.E.D.

Experience this "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique.

### Sports Conditioning

Come play at your own fitness level and improve speed, agility, power and muscular strength to increase fat burning ability through sports conditioning.

### Cardio Tone

This class incorporates 30 minutes of cardio, utilizing various aerobic formats followed by a 30 minute non-impact, toning segment with slow, precise flowing movements that target specific muscle groups. Cardio Tone is a total body workout that improves strength, endurance and flexibility.

## Spooky Spin

Thursday, October 31

8:30 - 9:30 am

Special cycle class including costume contest!

FREE FOR ALL MEMBERS. Just sign up in advance at our guest services desk.

## Double Debbies Team Fit

Friday, November 29

9:30 - 10:30 am

Get a jump start on burning away those turkey dinner calories with the Debbies! For this one day only special Debbie Ockrim and Debbie Wunderle are teaming up to bring you a perfect post-holiday-feast team fit challenge. Don't miss out!

FREE FOR ALL MEMBERS. Just sign up in advance at our guest services desk.