**Group Fitness Class Descriptions**

**1, 2 Step** This cardio class can be done using a step or just on the floor! Your class will start with a warm-up, followed by choreographed routines on the step, and a cooldown at the end. In some classes, you’ll use hand weights for strength-training moves off the step. (55 minutes)

**Barre** is a great way to increase strength and build long, lean muscles. This class uses lighter weights with high reps to build strength for the whole body. Barre work is based in Pilates, Ballet, and Yoga. This class is done in bare feet and does include mat work. (50-55 minutes)

**BODYPUMP®** is the fastest way in the universe to get in shape! BODYPUMP® is the original pre-choreographed barbell class that focuses on strength and endurance in which music and muscle collide! It is low on complexity but high on fun! BODYPUMP® has the benefits of traditional weightlifting combined with time efficiency and predictability. BODYPUMP® is great for “EVERY BODY”. (60 minutes)

**Bootcamp** is a 45-minute interval training class that pushes you through drills to strengthen and condition your body. FUNctional training emphasizes using your own body weight. Weights may be used to overload the muscles. Exercises/drills challenge fast and slow twitch muscles. Exercises are low in complexity but are designed to bring out the athlete in you! (45 minutes)

**Cycling** is a great cardio, fat-burning workout on an indoor stationary bike. Indoor cycling is great for beginners as well as for elite athletes because you control the intensity as you cycle flat road, rolling hills and killer hills. It is the most FUN you will have on a bike! The cycling studio is upstairs. The bikes feature individual computer consoles to give you immediate feedback regarding your RPMs, gear, time and power. (45-60 minutes)

**Fitness Gold** is ideal for members desiring a low-impact cardio workout combined with strength and stretching. Chairs are used for support and balance. Handheld weights, small balls and tubing are used for resistance training. The class consists of FUN, easy-to-follow movements to increase cardiovascular fitness, muscular endurance, balance and flexibility. It’s great for novices and senior adults. (45 minutes)

**HIIT (High Intensity Interval Training)** This workout is high on FUN and simple ATHLETIC moves, but low on complexity. Benefits include increases in calorie and fat burning and increases in metabolism, so you burn more calories throughout the day. (45 minutes)

**Line Dance** classes will get you moving and toe-tapping as you learn low-impact line dances with others. Great for senior adults and novices. Low in complexity but high in FUN! (45 minutes)

**Pilates** is a progressive form of integrated, functional training utilizing your “core” muscles to improve and increase overall strength, flexibility and balance. The emphasis is on developing long, lean muscles. Rings, soft balls and tubing may be used to enhance the workout. (45 minutes)

**Tai Chi**: Often referred to as meditation in motion, Tai Chi is a combination of slow movements and controlled breathing adapted for health benefits. Three levels are offered: **Tai Chi for Arthritis and Fall Prevention (Tai Chi AFP), Tai Chi: The Next Step** and **Tai Chi II** (a more advanced class combining Tai Chi with other styles). Beginners are encouraged to start their Tai Chi journey with the **Tai Chi AFP** class, which has easy to follow, step-by-step instructions in a fun and relaxed atmosphere. **Tai Chi: The Next Step** is a great beginning class for those a little more surefooted yet it’s Tai Chi AFP friendly with an introduction to 73 forms and 24 forms. **Tai Chi II**: a more advanced class that dives deeper into exploring and integrating the other styles of Tai Chi principles, while strengthening and fine-tuning the skills. (55 minutes)

**Yoga** classes enhance your flexibility, strength and mental well-being – all important yet often overlooked areas of fitness. Take time for YOU! This class uses a mat on the floor, and blocks and straps are often used. (45 minutes)

**Yoga Stretch** This Yoga class is done seated in a chair. You will get all the same benefits of the mat-based yoga class, but all movements can all be done seated. Perfect for all levels, especially for those who struggle with balance or getting up and down off the floor. (45 minutes)

**ZUMBA®** “exercise in disguise” is a cardio-Latin dance class that is FUN and easy to follow. Reap cardiovascular, calorie and fat burning and toning benefits while having a party with others! (60 minutes)

**Aqua Fitness Classes: (No swimming ability required – FUN provided!)**

**WaterWorks** aqua fitness classes are of moderate intensity that use the properties of water resistance to get in shape while minimizing impact to joints and back. WaterWorks is great for all but especially for senior adults, novices and those desiring a lower impact workout. Aquabells and noodles may be used to enhance the workout. (45-60 minutes)

**PowerSplash** classes are high-energy aqua fitness classes designed for all ages, skill and fitness levels. This class challenges you with powerful, invigorating movements through the water. Modifications are provided. Aquabells are used to enhance strength training. (60 minutes)

**Aqua ZUMBA** is classic aqua aerobics with Latin flavor added. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders. (60 minutes)