

## 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, & 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 weight lifting 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 is emphasized 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! 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. Hand held 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. Great for novices and senior adults. (45 minutes)

**HIIT (High Intensity Interval Training)** This workout is high on FUN and simple ATHLETIC moves, 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 integrative 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 I** Beginners are welcomed and encouraged to attend an introduction to Tai Chi. A journey through this ancient art form of exercise focusing on Balance & Fall Prevention. This class is gentle on the joints and great for individuals with arthritis. We will cover the basic movements and concepts of Qigong & Tai Chi. The focus is on improving balance, posture, flexibility, coordination, stress reduction and fall prevention. (55 minutes)

**Tai Chi for Energy** This is an extension of the Tai Chi I class offering more depth into each of the movements and exploring the principles of Tai Chi. Tai Chi for Energy is designed to expand on the knowledge of controlled movements, gentle resistance, weight transference, loosening joints, relaxation and mental focus. This class aims to further improve balance, coordination, along with physical and mental fluidity. (60 minutes)

**Yoga** classes enhance your flexibility, strength and mental well-being-all important yet often overlooked areas of fitness. Take time for YOU!

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

**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)

**ZUMBA® Toning** When it comes to body sculpting, **Zumba® Toning** raises the bar (or rather, the **toning** stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused **Zumba®** moves to create a calorie-torching, strength-training dance fitness-party.

### 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. (Aquadells 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. Aqua bell 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.