Name	***Length***	***Class Descriptions***
Aquafit	60	This is an all over, cardio, toning, muscle conditioning class, which incorporates, stretching, range of motion and even some yoga cool down techniques. The goal is health and fitness using the multi-directional resistance of water. This is a great class for all ages and fitness levels.
AquaFlexBar	45	A fun and unique way to exercise in the water: low-impact workout for developing muscular strength & endurance, core conditioning, and dynamic flexibility.
Barre	45	This 45 minute class is a low impact full body workout. Barre focuses on high repetitions and isometric holds. Even though this class is low intensity you will feel the burn. Open for all fitness levels.
BarreStrength	45	This 45 minute class is a low impact full body workout. This class uses timed intervals to train the strength movements of Barre. Open for all fitness levels.
Bootcamp	30	High intensity strength and cardio conditioning exercise
Cardio-Dance	45	Fun, high energy class is set to upbeat music. This full body-workout includes cardio, toning, and concludes with stretching. Set for all fitness levels (low-high intensity). Improve cardiovascular health while focusing on muscle toning, flexibility and coordination.
Cycle	45	Interval training on the indoor cycles with upbeat and loud music to help get you pumped and motivated.
Functional Strength Training	45	In this 45 minutes class we will do resistance exercises that help you perform activities in everyday life more easily. Functional training is focused on movement patterns that have a purpose. We will train the whole body and emphasize core strength and stability. Open to all fitness levels.
Power Pump	45	a class for those wanting to tone, strengthen, and enhance their endurance. We use bands, dumbbells, and our body weight to better our bodies and stamina. It is medium intensity, and modifications are shown.
SeniorFit* **	45	Class modified for the senior adult. Classes may include a variety of cardio/balance/strength training. Each day is a different type of class, please see schedule. ******sign-up for this class no earlier than 1 hour before start***
Seniors in Motion	45	A fun 45 minute exercise class that involves muscle strength movements and getting your body in motion. Movements are paired with music, exercise and have some fun while doing it. The class involves hand-held weights, bands, and balls. This gives you a variety of exercises while improving your muscular strength and endurance. In the gymnasium
SilverSneakers®	45	Muscle Strength & Range of Movement- 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 used for seated and/or standing support.
SlowRide	60	Slow Ride is designed for 40 minutes of a low impact ride, followed by 20 minutes of light weights for the upper body. New to cycle, this class is for you! Need a lighter cardio day, this class is for you! Love music from the 50s, 60s, 70s, and 80s, this class is for you!
Tai Chi Walking	45	Tai Chi walking is a path to stay energized and centered not through intensity, but through mindful movement that supports both inner peace and physical health
THE Doghouse	35	This class is 35 minutes of full body intense exercise. The exercises include Olympic, compound, endurance and core style movements. Come enjoy this upbeat and fun HIIT class every wednesday.
Total Body Strength	45	A music-based workout class that strengthens your entire body by using light to moderate weights with lots of repetition. This 45-minute workout challenges all your major muscle groups in one single session.
Yoga *All levels*	60	A discipline involving core conditioning, strength training, balance poses, stretching, deep breathing, and relaxation. All levels yoga will take you exactly where you want to be in the poses whether that's at beginner level or advanced levels. Lots of modifications and options for everyone
Yoga - Chair	45	gentle stretching and flowing movements with breath work *+ Held in the* ***Conference room***
Yogalates	45	Combines Yoga and Pilates together Low impact exercise that enhance strength, flexibility and Core work. It's a very energizing class.
ZUMBA®	60	Are you ready to party yourself into shape? It's an exhilarating, effective, Latin-inspired, calorie-burning dance fitness-part moving you toward joy & health

All classes in the GEC Studio are limited to 26 participants. SilverSneakers is limited to 36 participants

+ Class held in Conf. Room **Class held in Cycle Room ***Sign up at front desk up no earlier thn 1 hour before class time

Oct-26