

<u>Name</u>	<u>Length</u>	<u>Class Descriptions</u>
Aqua/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	60	A fun and unique way to exercise in the water: low-impact workout for developing muscular strength & endurance, core conditioning, and dynamic flexibility.
AquaZumba®	50	Those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine. There is less impact on your joints. The water creates natural resistance, which means every step is more challenging & helps tone your muscles. It takes a few classes to learn how to do the routines but it is a lot of FUN learning how to move your body in the water. This class is great for ALL fitness levels including pregnant women.
Barre	45	low impact way to strengthen and tone muscles. Set to upbeat music, Barre class will incorporate specific sequencing patterns and isometric movements that target specific muscle groups and test your endurance. This pattern of exercise helps to improve strength, balance, flexibility and posture.
Bootcamp	varies	Variety of strength and interval training.
Chair Zumba in the gym	45	Movements taken from Latin inspired dances to improve overall energy, core stability, muscular strength, cardiovascular endurance and motor skills- all done in a chair.
CoreFlex	45	Incorporates movements from basic Yoga and Pilates to strengthen core as well as increasing flexibility *located in upstairs open area
C.S.I.	45	Cardio. Strength.Intervals=Timed interval style class incorporating both total body strength moves as well as bursts of cardio
Cycle	45	Interval training on the indoor cycles with upbeat and loud music to help get you pumped and motivated.
FitBarre Fusion	60	A fusion of Stretching, Strengthening, and cardio using low impact barre inspired moves. We will flow through some stretching moves, have some tabata intervals, burn with barre and abs then end with some stretches. This hour will be packed with fun but you will know that you have worked out at the end! Come join the latest in Barre fun!
Fit 4 Life	45	Participants will become better equipped to move through their daily activities with more energy and strength. You will work on cardio strength and endurance, balance, range of motion and core strength and stability. Senior friendly (formerly called SeniorFit)
H2O Blast	60	Expect the unexpected in this over all aqua fitness class for all fitness levels. Since water offers twelve times the resistance of air, this class will benefit all fitness levels.
Move & Pump Stab.	60	with Stability ball: Floor aerobics and strength training using the stability ball for 60 minutes.
Pacesetters	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.
PiYoLIVE®	45/60	Make a power move. Experience a Piyo®Live class! Unleash your power with Pilates + yoga + nonstop movement! You'll sweat, stretch, and strengthen – all in one workout. Define exactly how you want to look and feel. No weights. No bulk. Just hardcore results.
Power	45	Get your body ready for the beach. Each week this class will focus on something different.
Pump UP	45	An all inclusive conditioning class with a focus on abdominal and core strength
Restorative Yoga	60	Restorative yoga helps to boost the immune system. Teaches you to bring calmness to the mind, and bring total relaxation to the body. The poses are held for longer periods of time than other yoga classes. Low lights and soothing music are used along with Julie's guidance to help you achieve relaxation and peace of mind.
Senior Circuit	45	Combine fun with fitness to increase cardiovascular & muscular endurance power, with a standing circuit workout. Upperbody strength work with hand held weights, elastic tubing, & SilverSneakers® ball alternating low impact aerobic choreography.
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.
Step & Strength	60	45 minutes of step aerobics followed by 15 minutes of upper body and ab strength training.
Surge Cycle	45	Loud and energetic- this class has high energy, loud music and strobe lights to help keep you motivated while completing interval training on the indoor cycles
Strength	60	Basic weight lifting class offering a full body 60 minute workout
STRONG 30™	30	45 combines body weight, resistance style, muscle conditioning, cardio & plyometric training movements synced to customized music. Incorporates HIIT designed to challenge your muscles & cardio system to find power, strength, speed, stamina, & mobility.
STRONG 45™	45	
Tabata	45	Rounds of high intensity interval training, alternating between short bouts of max training and rest. This class is face-paced and fun all while burning calories.
Tabata Cycle	30	Take this Cycle Tabata class for a spin. ... Cycle Tabata training takes the combo of cycle and adds HIIT principles to get the best of both worlds. This 4-minute, 8 round workouts are defined by 20-second bouts of all-out activity, followed immediately by 10-second recovery periods. This will be a 30 minute class.
Vinyasa Yoga	60	A flowing class for increasing physical and mental strength and cardiovascular components. We will also practice various breathing techniques. Targeted to the student who wants to dig deeper in their practice and learn more mind/body/breath philosophy.
Water Yoga	45	Aqua yoga is a calm & soothing experience in the water. This is ideal for anyone who has balance issues or those wanting to enjoy a twist on traditional yoga
Water Walk	45	We all know walking is one of the best exercises for you, so why not take it to the next level with a little resistance and more!
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
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
Zumba® Gold	45	A modified Zumba class that recreates the original move you love at a lower intensity. The design of the class introduces easy-to follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave feeling strong.
* Express	30	a 30 minute version of any of the above