

GROUP FITNESS CLASS DESCRIPTIONS

* Beginning/Low Impact ** All Levels *** High Intensity

***Aqua BootCamp** – This is a full of fun and energizing activities designed to help you reach your fitness goals. Regardless of age, size or fitness level, join us in the pool for a fun aquatic adventure!

***AquaZumba®** - Splash your way into shape with an invigorating low-impact aquatic exercise. The Zumba “pool party” combines cardio conditioning, body toning, and fun all in one.

*****Boot Camp** - We want to keep you guessing – and challenge you differently in every class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility and endurance! Have fun – work hard!

****Cardio Kick** - Kick, punch, bob and weave your way to a higher fitness level. Increase your cardio endurance and walk away with a surge of new energy.

****Cardio Max** - Variety is the key component of this class. Never get bored as each class is unique.

***Chair Yoga** - Everyone can benefit from yoga on a chair. The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga’s amazing fitness and health potential.

***Core and More** - Chisel your core! Focusing on your abdomen, hips, back, and legs. Build muscle strength and endurance.

***EnhanceFitness** – Enhance Fitness is a proven community based senior fitness and arthritis management program. It helps older adults become more active, energized and empowered for independent living. Enhance Fitness welcomes older adults at all fitness levels.

***Gentle Yoga** - Renew your mind and body through simple and gentle movements. Perfect for anyone looking to reduce stress, improve flexibility, and gain knowledge about yourself and your body.

****HIIT** – High Intensity Interval Training (HIIT) is a technique in which you give all-out effort through quick, intense bursts of exercise, with short and active recovery periods. Each week will vary to keep your body from adaptation with the use of both weights and body weight.

****Kettlebell 45** - Kettlebells promote strength, cardio, flexibility, and mobility all at the same time with a special emphasis on core strength. This type of training is perfect for those looking to maximize workouts.

Kids Yoga – Open to ages 7-12 years. Kids yoga will enhance flexibility, strength, coordination and body awareness. In addition, their concentration, sense of calmness and relaxation improves. Yoga at an early age encourages self-esteem and body awareness with a physical activity that’s noncompetitive.

***Moving With Parkinson’s** – For people battling Parkinson’s, exercise is a vital component to maintaining balance, mobility and daily activities. This class will help teach how to move bigger and faster in everyday life to counteract Parkinson’s Disease symptoms.

****Pound®** - A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses. Drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

***Power Hour** - Group weight training with motivational music and instructors who care about you and your health. Strength training can help you preserve and enhance your lean muscle mass — at any age.

***Silver Sneakers®** - A chair based exercise program for older adults that is designed to increase muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance.

****STRONG by Zumba®** - STRONG by Zumba is a HIIT class that combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every move.

***Water Exercise** - Using the buoyant qualities of water, you’ll enhance your physical and emotional well-being through exercises that increase physical strength, endurance, cardiovascular ability, flexibility and balance without putting any stress and strain on joints!

***Yoga** - Start your mind and body journey here by learning yoga basics; breathing, movement, and meditation while developing better posture, flexibility and strength. Yoga helps to restore, reduce stress, and manage chronic pain.

****Zumba®** - Each Zumba class is designed to be a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.