

GROUP FITNESS CLASS DESCRIPTIONS

Mind and Body	Movement	Cardio and Strength	Water Classes	Active Adult Classes
<p>Vinyasa Yoga Level 1 -2 Participants will build on the yoga principals of awareness, strength and breath-work. Postures may be held for longer periods of time and will flow from basic to more complex poses . Yoga students of all levels will find this class accessible with modifications.</p>	<p>Cardio Dance Fuze 45 to 60 minute booty busting workout combining dance fitness moves, straight up cardio and some targeted toning exercises. Come join the FUN filled music blasting workout!</p>	<p>Group Cycling Our instructors will help you with proper bike set-up and the basic cycling techniques so you can be on your way to becoming an indoor cyclist. All levels are welcome and are able to monitor your work effort</p>	<p>AQUA HIIT A full body water workout incorporating water dumbbells and high intensity interval training sections.</p>	<p>Silver Sneakers® Classic 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 available if needed for seated or standing</p>
<p>Hot Yoga moderately paced class where students continue to build awareness, strength, skill and focus. Yoga experience is encouraged. Students should have a basic foundation of yoga postures and an awareness of their own body including any limitations and necessary modifications. Expect the room temperature to be around 90 degrees.</p>	<p>REFIT® A workout building on dance, toning, balance, and flexibility. An energetic class is easy to follow for all levels of fitness! REFIT is built on a foundation of higher values, turning a fitness class into a revolutionary movement that transforms lives beyond the workout. (for more information visit refitrev.com)</p>	<p>Cardio Strength/HITT Heart pumping cardio training with the simple and basic use of various fitness equipment combining cardio with strength and muscle training using free weights, kettle bells, body weight, Spri Bands, and Body Bars. This is a basic class that encompasses the entire body for a complete body workout suitable and adaptable for all ages and fitness levels.</p>	<p>WATER AEROBICS A mixture of Hi-Lo impact workout moves to tone the body. This class uses various pieces of equipment to give you the resistance needed to get your muscles working and your heart pumping!</p>	<p>Active Adult Cardio Fit This class gets you on your feet and moving! An aerobic exercise class geared towards lo-impact aerobics for 30 minutes standing (no chair) then an additional 15 minutes of strength using weights, ball, and elastic tubing. It is strongly recommended that participants are able to stand unsupported and can move at a moderate intensity to participate.</p>
<p>Warm Yoga Flow combination of traditional yoga poses in a warm environment. We will usually begin with gentler movements to warm up the body, then into progressively more challenging flowing sequences. Flow Express will be a 45 minute class instead of 1 hour. This class is meant for all levels of yoga.</p>	<p>Pound Incredibly exciting fusion of movement and music! Participants drum along to a slammin' rock soundtrack using Ripstix – lightly weighted drumsticks designed to transform drumming into a kick-butt, fat burning, and full body workout!</p>	<p>TLC All floor work. You will work your legs, gluteal muscles and your abdominals using a mat on the floor to strengthen and tone your TUSH LEGS AND CORE.</p>	<p>Active Adult Splash A lighter and lower impact water class for Adults 50 and older, offers fun, shallow-water movement to improve balance, flexibility, and strength. Areas of focus will be on shoulders, arms core and legs.</p>	<p>Active Adult Cardio Drumming A standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a small ball is alternated with non-impact aerobics choreography. Have some fun doing standing drumming core exercises using drum sticks to drum rhythmically on a stability ball.</p>
<p>Holv Yoga Slow Flow Yoga set to Christian music; biblical references to reflect on, closing in prayer ! Open to all levels!</p>	<p>Zumba Is a dance fitness party to music combining Latin, Radio Hits, and other World Rhythms! Come join the party!</p>	<p>Cardio Shred All modalities of fitness: strength, speed, power, flexibility, stability, etc. Cardio Shred is formatted with three minutes of Strength, two minutes of Cardio, and one minute of core repeated interval training.</p>	<p>Arthritis Foundation Aquatic Program A warm water aquatics class focusing on... flexibility and range of motion, muscular strengthening and endurance, cardiorespiratory endurance, balance and coordination, and relaxation techniques.</p>	<p>Silver Sneakers®Circuit workout offers standing,low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is</p>
<p>Active Adult Yoga basic yoga poses and sun salutation sequences in their modified versions to enable you to move the body in a safe and supported environment. Focuses of breath, proper alignment and safe movement while building strength and flexibility for all levels of student.</p>	<p>Step Variations geared towards the intermediate to advanced stepper. The variations may include but are not limited to box step (use of 4 platforms for stepping), quick step, and 2-step use of (two platforms).</p>	<p>Total Body Conditioning strength routine, incorporating spri bands, dumb bells, and strength training equipment for upper and lower body using resistance. The exercises may be standing or seated exercises with varying degrees of resistance.</p>	<p>Wet & Wyld- MUSK Deep water aerobic and resistance workout. Little or no impact on your joints . Participants wear a jogging belt , (provided). Can stay deep for more comfort on the joints , but if shallow water is necessary may move to shallow water. Bring a water bottle.</p>	<p>Silver Sneakers® Cardio/Yoga incorporating Silver Sneakers cardio workout followed by Silver Sneakers Chair Yoga. A complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and</p>
		<p>Y Strong Combines body weight, muscle conditioning, dumbbells, cardio and plyometric training moves. Gain confidence in muscular strength and endurance.</p>		