

CLASS DESCRIPTIONS

AQUA JAM: An excellent toning & aerobic workout for non-swimmers & swimmers. Great for anyone with impact limitations, arthritic joints/structural limitations, prenatal/postnatal women and anyone recovering from injuries, **50-60 minutes**.

BOOSTED WALK: A cardio regiment allowing for slow to fast walking in sequence minute arrangements. This class allows for strength training in intermittent patterns. Open to all fitness levels. **30 - minutes**

ALL BOXING: 45-50 minutes of cardio and strength intervals using basic boxing combos of punching and kicking to strengthen your core and give you an all-body workout. **Titanium® (30 minutes):** A high intensity Tabata style workout guaranteed to challenge you. No weights used. ***Boxing gloves are required! Few gloves available on first come first served basis.***

CORE EXPRESS: A quick class designed to focus on strengthening core muscle groups. **30 minutes**

CYCLE & SCULPT: Energize yourself with 30+ minutes of cardio conditioning & 20-25 minutes of strength training. All fitness levels will feel appropriately challenged. **60-minutes**.

HEAD TO TOE ADULT CONDITIONING: Gentle conditioning of muscle groups and introduction to Tai Chi Forms which works on fall prevention, cognitive work and dynamic balance.

INDOOR CYCLING: A **45-minute** cardio workout on a fully adjustable stationary bike that will take you on flat roads to challenging climbs. Perfect for all fitness levels

MOODY MOVEMENT: Dance based cardio & strength exercises. Functional fitness focused. **40-45 minutes**

REFIT®: REFIT® classes combine fun cardio movements with toning, flexibility, strength training and stretching for one power-packed hour of fitness. At REFIT® we place a high value on connecting people to one another, and the effects of the workout last well beyond class, as you will leave feeling renewed, connected, and healthy from the inside out. **60-minutes**.

RIP COMBO: This class will combine the use of Suspension Straps with a variety of other equipment and exercises to challenge your core, cardiovascular endurance, and muscular strength. **50-60 minutes**.

SAIL: This program is a great class for adults 65 and older. This class consists of exercises that improve strength, balance and fitness. **60-minutes**.

SILVER SNEAKERS® CLASSIC/SENIOR CURCUIT: **Classic-**increase strength & range of motion, most done while sitting. **Circuit-**increase cardiovascular & muscular endurance with a **standing** workout. **50-60 minutes**.

SPARTACUS: This workout features metabolic circuits or fast-paced weight-training routines that combine **cardio** and **weight** training into one workout that does it all. **50 minutes**.

STEPPING TO THE CLOCK: A dynamic balance exercise where participants learn how to properly step forward and backwards challenging their balance, mobility and improving cognitive function. Open to all fitness levels. **30-minutes**

TABATA: A HIIT workout that aims to yield the most benefits in a short amount of time. Tabata is a kind of interval training that produces much better results than aerobic training. **30 minutes**.

TBC: Total Body Conditioning: A workout designed to produce total body results. The focus is on strength training & conditioning hitting every muscle group! **50 minutes**.

VARIETY CLASSES - WEEKEND KICKSTART: Challenge your body with a combination of cardio and strength movement patterns. Each class will vary but always offer a total body workout. Be prepared to challenge your body with this full body class! All fitness levels welcome. **50-60 minutes**.

WATER AEROBICS: A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. **35-40 minutes**

WHATEVER WEDNESDAYS: Instructors chose of class. **45 minutes**.

YOGA: Yoga is a flowing sequence of postures, focusing on building strength, flexibility, and balance. Breathing techniques and meditation are utilized to help you relax and find peace. **60 minutes**.

YINYASA POWER YOGA: Using guided meditation, strength and breath work, Yinyasa focuses on enhancing your body and mind. Yoga blocks, bolsters, and blankets available for use during class. **40-45 minutes**

ZUMBA: A fun and easy to follow Latin inspired cardio dance that will get your body moving with a combination of fast and slow rhythms that tone and sculpt the body. JOIN THE PARTY!