

## CLASS DESCRIPTIONS

**AQUA JAM/WATER AEROBICS:** High energy aerobic workout for non-swimmers & swimmers. Water weights, pool noodles and other water equipment may be used during class. 50 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. 30 minutes.

**ALL BOXING:** Ranging from 30-45 minutes, a class filled with cardio and strength intervals using basic boxing combos of punching and kicking to strengthen your core and give you an all body workout. **TITANIUM®BOXING:** A high intensity Tabata style workout guaranteed to challenge you. No weights used. **BOXING GLOVES ARE REQUIRED! FEW GLOVES AVAILABLE FOR USE ON A FIRST COME FIRST SERVED BASIS!**

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

**CYCLE & SCULPT:** Energize yourself with 30+ minutes of cardio conditioning & 20 minutes of strength training. All levels will feel appropriately challenged. 50-60 minutes.

**INDOOR CYCLING:** A cardio workout on a fully adjustable stationary bike. This workout will take you on flat roads to climbing hills. Perfect for all fitness levels. 45-50 minutes.

**MORNING MADNESS:** Instructors choice of class. 45 minutes.

**REFIT®:** Refit® class combines fun cardio movements with toning, flexibility, strength training and stretching for one power-packed hour. 60 minutes.

**RHYTHM CYCLE:** A cycling class that rides and is choreographed to match the rhythm of the music of the music. 45 minutes.

**RISE & GRIND:** Strength training exercises and motivating moves to help get your body moving in the morning. 45 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 & muscular strength. 50-60 minutes.

**S.A.I.L:** This program is a great class for adult 65+. SAIL Consists of exercises that improve strength, balance, and fitness. SAIL-Staying Active and Independent for Life. 60 minutes.

**SEATED BALL EXERCISES:** The goal of this class is to improve flexibility and range of motion in older adults. 30 minutes

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

**SILVER SNEAKERS YOGA:** This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion.

**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! 45-50 minutes.

**TABATA/STRENGTH:** A HIIT workout that aims to yield the most benefits in a short amount of time. 60 minutes.

**TBC:** Total Body Conditioning: A workout designed to produce all around body results. 45-50 minutes.

**THURSDAY ARRAY:** A mix of tabata, strength, sliding discs and/or boxing. 45 minutes.

**VARIETY CLASSES:** Challenge your body with this weekend kick start boot camp style class. 45 minutes.

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