

## Class Descriptions

**ABS:** Who doesn't want a six-pack? 15 minutes of abdominal work can complement your own strength or cardio workout, cap off a fitness class, or stand alone. The class will focus on the entire core including lower back and obliques.

**Aqua Fit:** This water work-out is low-impact, easy on the joints and great for those seeking a variety in their work-out. The exercises, done in chest-deep water, help develop cardiovascular endurance and muscular strength.

**Body Sculpting:** Tone your body from head to toe! In this 45 minute class you will use hand weights, stability balls, tubing, and other "toys" to tone and strengthen your muscles. Muscle burns more fat, so let this class compliment your cardio work-out.

**Bootcamp:** Intervals of cardio and core training fill this 45 minute class. Cardio segments will include kickboxing, athletic drills, step, plyometrics, and strength training.

**Cardio Blast:** This is a forty-five minute class of pure cardiovascular work utilizing the step, clappers, kickboxing, and athletic drills.

**Cycling:** Want to burn fat and increase endurance? Motivating instruction and awesome music guide you through an intense ride of stationary cycling. This class is for first-time riders and tri-athletes alike.

**Cycle and Run:** This cycling class is full of surprises. You will alternate cycling intervals with running drill on the indoor track.

**Fit Kids:** Fitness can be fun! This class for ages 7-13 years will bring the fun into fitness. Your child will think they are at recess while they increase their stamina, flexibility, strength, coordination, and concentration. Summer classes include one hour in the gym and one hour at the pool.

**Fit to Survive:** This class combines self-defense moves with cardio and strength training.

**50/50 Cardio & Strength:** This class will give you a full-body work-out. It will incorporate intervals of cardio that include step, kickboxing, and athletic drills, as well as, toning segments that will work every part of your body. You will burn calories and tone your muscles.

**Cardio Kickboxing:** Stressed? This class will burn fat and tone your entire body through kicks, punches, and drills. Release tension while you burn calories!

**Kickboxing Bootcamp:** This serious cardio work-out will include kickboxing combinations, athletic drills, and plyometrics to burn fat and calories fast.

**Low Impact:** Looking for a place to start? This class incorporates cardio training and toning with-out jumping or floor work. It is great for beginners or those limited in other classes.

**Pilates:** Developed in the 1920s by the legendary Joseph H. Pilates, this is an exercise program focused on improving strength, balance, and flexibility for the entire body while focusing on the core. You will leave feeling stretched, toned, and refreshed.

**SilverSneakers® II- Cardio Circuit:** This class provides a more challenging workout than SilverSneakers® I to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. It requires at least 30 minutes of standing.

**SilverSneakers® I- Muscular Strength & Range of Motion:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and standing support.

**SilverSplash®:** Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard and other tools are used to develop strength, balance and coordination.

**Step & Strike:** Get a complete cardiovascular work-out in this class of step training and cardio kickboxing. This class is great for all fitness levels. Fun step choreography, punches, and kicks will raise your heart rate and burn fat fast!

**Weekend Warrior:** Come in and get your weekend started right! The class will include intervals of cardio and strength training. Your heart rate will increase with kickboxing, athletic drills, plyometrics, and step. This class will get your heart pumping and work every muscle in your body!

**Yoga:** This class will teach basic postures that will help you gain strength, flexibility and balance. All levels of yoga can participate. Modifications can be made for beginners.

**Yoga Pilates Fusion** This class incorporates the best of both practices. You will improve your strength, flexibility, and balance while focusing on your core.

**Zumba:** Zumba is a latin-inspired, easy to follow, calorie-burning, fitness party. This is a fun, low-impact cardio dance work-out that is great for all fitness levels.