

CLASS DESCRIPTIONS

Ann's Combo	Class plan will change daily, presented as Ann's choice. It will be combinations of cardio, strength and flexibility.
Aqua Zumba	An aquatic workout with a Zumba beat. No prior Zumba experience required. Let's just exercise in the pool!
Balance Plus	Develop stabilization/strength to improve balance and alignment. No floor work. Uses chair for assistance if needed.
Butts and Guts	Train and tone all regions of the lower body & core. Focus on the abs, glutes, legs and lower back using weights and body resistance.
Classic Aerobics	It's all about Back To Basics with this class. Remember low impact...grapevines, Hustle steps, and pivot turns? Here they are again. Aerobics, strength, and stretch.
Core Combo	This variety class will incorporate work on the floor as well as standing. Focus on core, strength, balance and flexibility. Will infuse some yoga and pilates. Get ready for fun energetic movement.
Country Fitness	The class focuses on actual country line dances, while "fusing" four other types of dances and music. Participants in Country Fusion will see improvements across the board, in their overall muscle endurance, fat loss and weight management, improved core and joint strength, better coordination, balance, and memory. The class can be modified for all ages and levels of ability!
Gentle Cardio Strength	For those starting to get into a regular exercise routine. Low impact cardio moves, then seated light weights to develop muscle tone. A bit more challenging than Sit /Fit.
Hydro Challenge	Cardio and resistance moves that are easy on the joints. Improve flexibility, balance, and posture. Bring Water Weights.
Pilates	Perform a series of controlled movements that flow into each other. Focus is on the core and emphasizes moves that will tone, stretch and elongate muscles. This is a total body workout.
Seated Combo	Seated (and standing) exercises with emphasis on strengthening core and balance muscle groups.
Strength & Mobility	A class designed to maintain movement abilities by building muscle strength and improving joint and tissue mobility through moves and stretching. Uses weights and resistance bands.
Stillness in Motion	Form of Qigong - 50 minutes of continuous movement - range of motion, flexibility and weight bearing exercises (over 100). Will include ball and stick exercises.
Strictly Strength	Improve muscular strength and endurance through weights and resistance. Works single and multiple muscle groups using dumbbells, bar, bands and kettlebell. Consists of exercises for the core, upper and lower body, for total body workout.
Tai Chi (Essentials)	Basic exercises for balance and breathing. Helps move energy throughout the body.
20/20/20	CORE, STRENGTH, and FLEXIBILITY. Use of hand weights, kettlebells, medicine and stability balls to target zones. Floor work and standing exercises to achieve tight abs, muscle definition, and full range of motion.
Yoga Core & More	This class combines more than 40 postures to tone and
Yin Yoga	Simple yoga postures held for extended periods either seated or reclining on the floor. Body and mind are meditatively de-stressed. Resulting in better balance, more fluid movement, enhanced mental focus and clarity!
Yoga (Root)	Understand yoga movement and the body with 3-5 breaths per pose. For beginners to advanced. Improve balance, stability, heart.
Zumba	Latin inspired dance/fitness class that tones the entire body..... In beginner, learn steps and sequences.
Zumba Toning	Like regular Zumba, only adding some use of very light hand weightes to increase strength and conditioning