

## CLASS DESCRIPTIONS

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.
Chair Yoga	A gentler form of Yoga using chair for support and modified poses. Does not use mat that requires going up & down from the floor. Improves flexibility, strength & balance.
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 Yoga	Cass incorporates work on the floor as well as standing. Focus on core muscles infused with flow, yoga and pilates for flexibility.
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 in their muscle endurance, weight management, core/joint strength, coordination, balance, and memory.
Gentle Cardio Strength	Build Strength, endurance, balance and coordination using dumbbells, elastic bands, & weighted balls. Alternating low impact cardio with standing strength work. Chair used for support, flexibility, and relaxation. No floor work. Modifications for all fitness levels.
HapKiDo (NEW)	Self Defense form of martial arts. All levels. Develops agility, flexibility and balance.
Hydro Challenge	Cardio and resistance moves that are easy on the joints. Improve flexibility, balance, and posture. Bring Water Weights.
Mobility/Pilates Combo	Advanced - Dynamic blend of targeted mobility work with moderate to advanced Pilates techniques for strength, flexibility and joint health. Standing sequences to floor exercises for a full body challenge - core, stability, range of motion, functional movement.
Pilates	Pilates focuses on improving core muscle tone rather than building muscles, for greater stability and endurance.
Pilates /Barre	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 using mats, balls, rings and the barre.
Seated Combo	Seated (and standing) exercises with emphasis on strengthening core and balance muscle groups.
Sit & Fit (Target Posture)	Seated Stretch, strength, and cardio using balls, bands and weights. Special emphasis is on developing solid posture in sitting and standing. Ideal for those new to exercise or with limited movement.
Slow Flow (NEW)	Flows at a slowed-down pace. Newer students find this builds confidence and familiarity in posture and transitions, and more experienced refine their fundamentals. You will gently engage, open and strengthen the body.
Stability Strong	Slow, controlled movement using time under tension to build strength, improve form, enhance stability. Very intentional movement to maximize results and reduce injury risk. Pure focused strength - one deliberate rep at a time.
Strength & Conditioning	A class to target strength in the full range of motion for all muscle groups and to increase muscle endurance. Uses all types of weights and resistance bands.
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.
Strong Foundation (NEW)	Beginner strength that focuses on basic techniques, posture and tempo. Small group allows for individual attention.
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 Flow	Moving in and out of yoga postures connecting the breath to the movements. Both on the mat as well as standing. Improving strength, balance and body awareness.
Yin & Meditation (NEW)	Mindful stretching with calming meditation practices to help relieve tension and restore balance. With guided breath work and quieting the mind, this class is for all levels. Come and relax, recharge and reconnect with yourself.
Yin Yoga	Passive form of yoga. Simple yoga postures held for extended periods either seated or laying on the mat. Body and mind are meditatively distressed helping body and mind to slow down, to increase flexibility, energy, balance, and to improve sleep, mental focus and clarity.
Yoga (Yoga & More)	Yoga is a practice that combines the body, breath, and mind through physical postures, breathing techniques, and meditation.
Zumba	Latin inspired dance/fitness class that tones the entire body..... In beginner, learn steps and sequences.
Zumba Chair (NEW)	High energy, fun, joyful, friendly - for anyone who wants exercise sitting down. Combines Latin music energy with specific needs of those who prefer modifications. May use toning sticks or 1 lb weights to encourage toning.