

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.
Cardio Dance	Combines dance moves with cardio-vascular exercise. Fun music, too!
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.
Hydro Challenge	Cardio and resistance moves that are easy on the joints. Improve flexibility, balance, and posture. Bring Water Weights.
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 <u>new to exercise or with limited movement</u> .
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.
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/Tai Chi	Form of Qigong - 40 minutes of continuous movement - range of motion, flexibility and weight bearing exercises (over 100). Followed by 10 minutes of Tai Chi -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.
Unwind Body and Mind	Designed for all levels of yogis and overall fitness. Yoga poses are coordinated with breath and flowing sequences. Improve flexibility and balance; create endurance, muscle strength and stability.
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 to improve overall health.
Zumba	Latin inspired dance/fitness class that tones the entire body..... In beginner, learn steps and sequences.