

| CLASS DESCRIPTIONS         |   |
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| 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/Strength Combo      | Focus on overall physical fitness by combining resistant training, (weights, bands, body weight ) with cardiovascular conditioning to boost strength, power, <u>endurance and mobility</u>  |
| Chair Yoga                 | A gentler form of Seated and Standing Yoga using chair for standing support- improved flexibility, strength, balance, as well as relaxation and meditative aspects of <u>Yoga. No floor work.</u>   |
| 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 <u>stretch.</u>  |
| Core Combo Yoga            | Cass incorporates work on the floor as well as standing. Focus on core muscles infused with flow, <u>yoga and pilates for flexibility.</u>  |
| Country Fitness            | The class focuses on actual country line dances, while "fusing" four other types of dances and music. Participants will see improvements in their muscle <u>endurance, coordination, balance, and memory.</u>   |
| 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                    | 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.  |
| 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 <u>total body workout using mats, balls, rings and the barre.</u>   |
| 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 <u>exercise or with limited movement.</u>  |
| Slow Flow                  | Flows at a slowed-down pace. Newer students find this builds confidence and familiarity in posture and transitions, and more experienced refine their <u>fundamentals. You will gently engage, open and strengthen the body.</u>  |
| Stability Strong           | Slow, controlled movement using time under tension to build strength, improve form, enhance stability. Very intentional movement to maximize results and <u>reduce injury risk. Pure, focused strength - one deliberate rep at a time.</u>  |
| Strength & Conditioning    | A class to target strength - full range of motion for all muscle groups and to increase muscle endurance. Uses weights and bands.   |
| Stretch and Strength       | Stretch out and power up! A dynamic blend of stretching and light strength work to boost mobility, balance and performance. Perfect on its own or as a warm-up <u>or cool-down.</u>   |
| Strictly Strength          | Improve muscular strength and endurance through weights and resistance. Works single and multiple muscle groups using dumbbells, bar, bands and kettlebell. <u>Consists of exercises for the core, upper and lower body, for total body workout.</u>                                    |
| Tai Chi/Qigong             | Special summer sessions with DVDs... Qigong - continuous movement - range of motion, flexibility and weight bearing exercises (over 100). Followed by 10 <u>minutes of Tai Chi -basic exercises for balance and breathing. Helps move energy throughout the body.</u>                   |
| Total Body Conditioning    | Challenging workout to build strength and endurance. Variety of compound & functional weight training, calisthenics, and drills.  |
| 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 <u>tight abs, muscle definition, and full range of motion.</u>  |
| Beginner Yoga / 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 <u>awareness.</u>  |
| Yin & Meditation           | 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 <u>levels. Come and relax, recharge and reconnect with yourself.</u>   |
| 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 <u>body and mind to slow down, to increase flexibility, energy, balance, and to improve sleep, mental focus and clarity.</u> |
| Zumba                      | Latin inspired dance/fitness class that tones the entire body..... In beginner, learn steps and sequences.  |