

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/Strength Combo	Focus on overall physical fitness by combining resistant training, (weights, bands, body weight) with cardiovascular conditioning to boost strength, power, endurance and mobility
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 Yoga. <u>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 stretch.
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 endurance, 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	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 total <u>body workout using mats, balls, rings and the barre.</u>
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	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 <u>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 reduce injury risk. <u>Pure focused strength - one deliberate rep at a time</u>
Strength & Stretch	35 minutes of full body strengthening the muscles followed by 15 minutes of elongating the muscles and mobilizing the joints.
Stretch/Balance	Stretch out .. A dynamic blend of stretching and balance work to boost mobility and performance.
Strength/Core/Stretch	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.
TRX	Circuit class using TRX suspension apparatus with suspension straps anchored to a secure point, allowing users to perform a wide range of exercises by leveraging their body weight. May include use of other equipment for improving mobility, balance and strength. "Basic" targets those with limited experience and "Advanced" is more
Gentle Yoga	Designed for all levels of yogis and overall fitness. Yoga poses are coordinated with breath and flowing sequences. Improve flexibility and balance; create endurance, <u>muscle strength and stability.</u>
Beg Yoga / Yoga Gentle 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 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 <u>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.