



## Group Exercise Class Descriptions

### Yoga/Pilates/Meditation/Stretch

**Yoga:** A quiet, relaxing class that involves strengthening and stretching the entire body through fluid breathing.

**Yoga and Pilates:** A combination of yoga and pilates exercises that will improve core muscle strength and overall flexibility.

**Strength and Stretch:** First you will strengthen your muscles and then stretch them out.

**Gentle Yoga:** A therapeutic, meditative way to ease in to yoga. By offering modifications and variations this class makes Yoga more accessible to individuals with physical limitations.

**Power Stretch:** a combination of stretching and power moves that will help create joint stability and mobility

### Gentle Fitness

**Gentle Fitness:** Formatted to improve your function in daily activities by building your stamina, balance, coordination, and strength.

**SS-Cardio Circuit:** Silver sneakers class that focuses on cardiovascular endurance, balance, coordination and muscular strength and conditioning at a slower tempo. Exercise is done both in a chair and on your feet.

**SS- Range of Motion:** This class is designed to increase strength, range of movement, agility, balance and coordination. Participants should improve their functional capacities, physical fitness level and sense of well being.

**SS-Yoga/ Stretch:** This program will allow you to safely perform a variety of yoga postures and positions while using the support of the chair. Move your body through poses that will increase your flexibility, balance and range of motion!

### Cycle

**Cycle:** A forty-five minute to 1 hour journey where participants control the intensity of their ride. A great "cross-training" option!

**Cycle Circuit:** Incorporates indoor cycling and strength training.

### Dance & Choreographed Cardio

**Latin Craze:** A high energy dance class with a Latin twist. Combines dance moves and strength training.

**Hip Hop Hustle:** a combination for easy to learn hip-hop dance moves perfectly choreographed to high energy and motivation music. It's the ultimate cardiovascular challenge.

**Zumba:** Combines high energy and motivating music with unique moves and combinations that allows participants to dance away their worries.

**Turbo Kick:** maximize your workout with ab sculpting moves and fat burning cardio set to the hottest dance music.

**Drums Alive:** Incorporates muscle coordination, memory enhancing exercises, and drumming to create an entire body workout.

**Cardio Dance:** High-energy cardio with some of the latest dance moves

### Step/Sweat/Kickboxing

**Step:** a powerful high-intensity step workout with choreographed patterns and some power moves to keep it interesting.

**Kickboxing:** Combines the punching moves of boxing and the kicking moves of karate into a high energy, full body workout.

**Track Attack:** Take your workout to the track! A combination of cardio intervals and free weight conditioning.

**Sweat:** Your instructor will lead you through a workout that may include intervals, plyometrics, circuits or traditional aerobics. You will get your heart rate up and metabolism boosted! Prepare to s-w-e-a-t

**Tabata:** this program uses 20 seconds of rigorous exercise followed by 10 seconds of rest repeatedly in order to burn fat in a short, intense workout.

**Power Circuit:** move through a circuit that includes plyometrics and weights. A complete full body workout.

### Weights

**Strength:** a muscle strengthening workout that uses free weights, body bars, tubing, and more. May be muscle specific such as Core.

**Kettlebell:** A form of training that will challenge both the muscular and cardiovascular system with dynamic and total body movements.

**Core Performance:** this class focus on core movements to increase strength, flexibility, and overall health. Time is spent learning proper form and breathing, to get the most out of all of your workouts

**Horizontal Training** A core-intense workout that uses your own body weight as resistance. This class is designed to increase body definition, strength, and endurance

**LesMills Body Pump (Coming in April):** a choreographed barbell class, ideal for anyone looking to get the best possible results, in the shortest amount of time.

### Kids

**Kids Circuit:** class designed for ages 6 - 13, includes games, circuits, sports drills, and lots of fun!