



## Group Exercise Class Descriptions

**Avoid Interruptions! Please be on time, or even a minute early.**

**Latecomers may not be admitted.**

**Back-to-back classes end 5 minutes before the next class.**

**Arthritis Core and More** – Experience overall physical improvement through a gentle water program in the **warm water** pool. This program will improve your quality of life by decreasing stiffness and pain while increasing joint range of motion, agility, strength and balance.

**Barre Fusion** – This class blends pilates, yoga, ballet and strength training, into a fun and functional whole body workout. This workout is designed for ALL! And in Barre Fusion you do not have to be a dancer to enjoy a fun full body workout.

**Basic Cycling** – Come early to get set up on your bike and begin your journey that will improve your level of cardiovascular fitness while burning calories at the highest level. Enjoy fun music, high-energy drills and intervals.

**BODYPUMP™** - Shape and tone your muscles improving general fitness, building lean body mass and increasing bone density. BODYPUMP® challenges your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Get the results your came for – and fast! This class is strength training, not heavy weight lifting.

**BODYPUMP@30** is a 30-minute express class. Both classes can be modified for all levels.

**BODYCOMBAT®** - This fiercely energetic Les Mills program is inspired by Martial Arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. What a workout!

**Body Sculpt** – Tighten, tone and sculpt your body with free weights and body weight exercises at your own level. A variety of training methods and equipment (hand weights, bands, balls, steps, body bars) are used.

**Cardio Dance** – A fun, fat burning workout! Great music and easy to follow dance moves help you burn calories and gain cardiovascular endurance. Come laugh and smile, shape your body, and dance at your own pace!

**Cardio Sculpt** – Increase your cardiovascular and muscular strength and endurance by alternating between cardio and resistance training. Exercises include any combination of dumbbells, resistance bands, steps, exercise balls, and more.

**CXWORX™** total core body workout, with every muscle that attaches to the spine! You will be guided with proper technique as you work resistance tubes and weight plates as well as crunches and hovers; while working abs, hips, glutes and lower back. A stronger core helps you in all things you do!

**Cycling / Cycle Express** – A high-octane indoor class that will improve your level of cardiovascular fitness while burning calories at the highest level. Enjoy fun music, high-energy drills and intervals. Bring water and prepare to sweat!

**Feldenkrais Method®** – Uses gentle movement and mind-body connections to promote overall health and wellbeing, while helping to reverse the effects of injury/aging. By bringing the awareness to your movement patterns, you learn to move with ease, making every activity a whole body exercise.

**Form & Function** – Based loosely on the concepts of Pilates, this full-body workout is intended to strengthen the muscles for proper posture and core stabilization, and improve functional movement patterns, with an emphasis on body awareness, coordination and balance.

**Functional Core & Balance** – This class helps to build flexibility while improving strength, coordination and endurance in the legs, core, arms, and back. With controlled, concentrated movements, you will work your body from the inside out, without building bulk or stressing joints, while focusing on core strength, flexibility and balance.

**Gentle Water Exercise** – This gentle exercise class in our warm water pool offers balance, coordination, flexibility, brain games and strength, combined with oldie-but-goodie music and personalized attention in a small group.

**GRIT™** – Les Mills GRIT™ Strength is a 30-minutes high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

**Hydro-cise / Liquid Fusion / \*Sunrise Splash / Deep Water / Hydro Games** – Experience the benefits of aerobics, interval training and strength training as you work out in water's three-dimensional resistance. Designed to work the whole body utilizing a variety of equipment. Work at your own pace & have fun with our energetic instructors. Hydro Games combines water exercise & water games. \*Sunrise Splash is held in the warm water pool. *(All levels welcome)*

**Jungshin® Fitness** – Jungshin® Fitness literally means “focused mind”. Jungshin® Fitness is a sword focused workout based upon multi-directional momentum training.

**Kettle Bell Core** – Kettle bell training will build long lean muscles; improve strength and power in the upper body, core and lower body and increase coordination, joint mobility and overall endurance.

**La Blast Fitness®** – Move your feet to the beat with a variety of dance styles: cha cha, disco, jive, merengue, salsa, samba, and more. You'll have a “blast” while enjoying this fantastic cardio workout!!

**Mind/Body Stretch** – A mix of basic Pilates, yoga type poses and dynamic stretching, finishing with relaxation for a balances body and mind.

**Pilates - Basic / Plus** – A body conditioning system that helps to build flexibility while improving strength, coordination and endurance in the legs, core, arms and back. With controlled, concentrated movements, Pilates works the body from the inside out, without building bulk or stressing the joints. Focusing on core strength and flexibility,

**Power Pump** – Are you prepared to take your fitness to the next level? This power packed class will focus on building strength and lean muscular development while using a variety of equipment, including free weights. Be prepared to feel the pump as you challenge your muscles to the MAX!

**Pre Natal Warm Water** – Water exercise for pregnant women is a fun and challenging workout that can tone the body with gentle resistance training. Noodles and dumbbells are also used. The buoyancy of the water causes weightlessness which can help reduce swelling from the hydrostatic pressure of the water. The mommy-to-be comes away refreshed.

**Qigong (Chee-Gong)** – A unique exercise system that coordinates breathing, focus and gentle movement to enhance vitality and decrease stress. This class will consist of both seated and standing exercises. “Qi” means Vital Energy. “Gong” means Work or Cultivate. Therefore, Qigong refers to exercising one’s internal energy.

**S.M.I.L.E.** – Smaller Movement Intensity Lowered Exercise. Experience the benefits of water exercise in the warm water pool. Come enjoy and SMILE!!!

**Senior 20-20-20 / Senior Postural Alignment / Senior Strength & Agility Circuit / Senior Strength & Sculpt** – These classes are designed specifically for seniors 65 years of age and older. A variety of support positions utilizing combinations of dumbbells, bands, and a ball are introduced to increase balance, range of motion and strength (using chairs if needed). Both Senior Postural Alignment and Strength & Agility Circuit focus on exercises that will help improve your posture, balance and prevent falls. All classes are fun, fun, fun!!

**Tabata, Abs & Stretch / Tabata Plus** - High Intensity Interval Training (H.I.I.T.) will take your fitness to a whole new level! Intense bursts followed by a brief rest will increase both aerobic and anaerobic systems, and keep your metabolism humming along. Tabata, Abs & Stretch includes added strength and stretching.

**Tai Chi 1 / Tai Chi 2** – Tai Chi Chuan, the premier martial art of China, uses meditative movements to improve balance, circulation, posture and body awareness, while toning and strengthening.

**Total Body Workout** – A combination of cardio using the step for coordination and agility, strength with weights and bands, and flexibility on the mat. For a “total body workout” enjoy this fun and challenging class!

**Turbo Kick®** – A high-energy class that utilizes intervals from kickboxing, boxing and hip-hop. Do you want to burn tons of calories and strengthen and shape those muscles? Kick it up a notch with powerful punches and “killer” kicks that will leave you sweating with satisfaction. If you are looking for excitement, challenge, and GREAT music, this is your class!

**U-JAM Fitness®** - Experience an athletic hip-hop dance fitness workout that combines urban dance moves with adrenaline-filled world beats. Get your heart pumping and sweat all while having fun! All levels welcome!

**Yoga: Basic Yoga** - Whether you are new to yoga or a ‘continuing beginner,’ this series will introduce you to the principles of alignment, breathing and basic yoga philosophy.

**Beyond Basic Yoga** – Designed to take seasoned Basic Yoga students to the next level in their Yoga practice.

**Perinatal Yoga** - A yoga class for pregnant and postpartum moms that consists of safe gentle, relaxing and breathing yoga postures. Babies up to 6 months of age are welcome.

**Power Yoga** – A challenging blend of yoga poses that develop strength, flexibility, balance, and mental discipline. Movement with every breath, this class offers a powerful and invigorating, yet calm and relaxing experience. An outstanding workout for the mind, body and spirit! (*Prior yoga experience recommended*).

**Restorative Yoga** – Relax your body and revitalize your spirit! With a focus on mat work, this class involves sustaining easy yoga poses with the use of props for support. Stretch, yawn, and relax to work towards total physical and mental renewal. Similar classes for all levels include Basic Yoga and Gentle Yoga.

**Senior Chair Yoga** – Practice yoga without having to get up and down off the floor. Restorative yoga poses and stretches taught in a chair for balance and support. Make a positive change to your body - relieve tight, stiff, aching muscles and joints in the gentle class! All ages welcome!!

**Yoga Fitness Fusion** – Experience the powerful side of yoga! Strengthen, tone, and stretch muscles in this intense, athletic practice with a focus on body alignment. This class improves your level of fitness by incorporating traditional Hatha yoga poses with non-traditional athletic variations, balance work and meditation.

**Yoga Stretch** – A mix of traditional yoga poses and with some basic Pilates movements to help strengthen from the core out, combined with deep stretching and finishing with relaxation for a completely balanced body and mind.

**Yoga for Everybody** – Based on Hatha yoga principles in a Vinyasa flow style. Breath work and meditation are an important part of this class. Modifications and progressions make this class appropriate for EVERYBODY!

**Yo-Qua** – In this 30 minute aqua class you will enjoy the benefits of the warm water and yoga combined.

**Zumba®** – This unique cardio class fuses Latin and International music with dances such as: salsa, cumbia, meringue, rumba, mambo, belly dance, flamenco, and hip-hop. This fitness system combines high-energy music with loads of fun!

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