

GROUP EXERCISE CLASSES

CLASS NAME	DESCRIPTION	TYPE/LEVEL
Ai Chi	Simple exercise & relaxation program is a combination of deep breathing & slow broad movements of the arms, legs, & torso in flowing continual patterns. The mind/body workout will leave you feeling balanced, soothed, & in touch with your entire body.	Aqua- Beginning
Aqua Arthritis	This is a recreational exercise class that is for participants with or without arthritis.	Aqua- Multi Level
Aqua Core	Core class that targets specific areas such as abdominals, back and hip muscles to strengthen and improve posture stabilization in water.	Aqua- Multi Level
Aqua Dance	Enjoy dance exercise in the water while moving to the best music grooves around.	Aqua- Multi Level
Aqua Fit	Class focuses on toning and cardiovascular conditioning in the pool. Moderate to high impact intensity while being safe on joints.	Aqua- Multi Level
Aqua Fit Blast	An advanced cardiovascular workout	Aqua- Advance

GROUP EXERCISE CLASSES

	that is high energy but low impact. Maximize your calorie burn by concentrating on intensity, cardio moves, strength work, and by using a variety of equipment and water depths.	
Aqua Jog	This energizing workout is done at the deep end of the pool with both feet off the floor through use of aqua belts, noodles, and buoyant hand weights. Aqua Jog will work your core, arms, and legs and boost your cardio!	Aqua- Advance
Aqua Low	This class is designed for those who desire a little easier-paced workout. Stretching, cardio, flotation, equipment and muscle group isolation work together to improve circulation, flexibility and muscular strength	Aqua- Beginning
Aqua Variety	Incorporates weights, aerobics & and stretching to directly improve all aspects of physical fitness: strength, endurance, flexibility, cardio & body composition. Uses a variety of exercises & workouts in the water, without wear & tear on the	Aqua- Multi Level

GROUP EXERCISE CLASSES

	joints.	
Aqua Zumba	An integration of the Zumba® formula and philosophy into traditional aqua fitness disciplines. Improve aerobic endurance, muscular resistance, flexibility and joint mobility, with Latin flavor and international zest.	Aqua- Multi Level
Aqua Zumba Family	An integration of the Zumba® formula and philosophy into traditional aqua fitness disciplines to create a challenging, safe and invigorating aqua workout. For ages 8 and older with an adult.	Aqua- Multi Level
Aquabata	This water class allows you to do intense movements with the water while allowing for less impact. This routine will provide you with a strong cardiovascular pool workout while increasing your muscular strength and endurance	Aqua- Intermediate
Balance and Stability	Designed to improve balance and stability while developing muscle awareness to aid in preventing slips and falls.	Specialty- Multi Level
Bang the Drum	Bang the drum combines traditional aerobic movements	Specialty- Multi Level

GROUP EXERCISE CLASSES

	with the powerful beat and rhythm of the drums. This class is specifically designed to be inclusive for people of all abilities.	
Barre Intensity ®	Combines attributes of Pilates, dance, and functional fitness training to present a powerful and intense barre program in the group fitness space.	Strength-Multi-Level
Beginning Bootcamp	An interval class designed for individuals new to bootcamp. A variety of exercises to increase power, agility, cardio, endurance and overall strength will be introduced with modifications for all levels.	Strength-Multi Level
Beginning Y Cycle		Cardio/Multi-Level
Beginning Yoga	A mind and body work out utilizing basic positions to improve strength, flexibility, and balance.	Mind Body-Beginning
Belly Dancing	This is a progressive class for those interested in learning the art of Belly Dancing	Dance – Multi Level
Body Blast	A combination class that offers various movements from hi/lo impact, step, kick boxing, muscular strength and endurance to have a	Cardio/Multi-Level

GROUP EXERCISE CLASSES

	fun and challenging work out.	
Cardio Circuit Training	This class consists of periods of intense exertion alternating with periods of rest or light exertion. This interval-based class combines full-body strength training with cardio bursts designed to tone your body and improve your endurance.	Cardio/ Intermediate
Chair Yoga	Enhance range of motion, stretching and relaxation movements through basic yoga-like techniques.	Mind Body- Beginning
Choreography	Short fun class to learn new dance moves.	Dance – Multi Level
Circuit Training	An efficient and challenging form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations	Strength – Multi Level
Core De Force	high-energy, non-contact group fitness class that mixes MMA-inspired cardio drills with explosive power moves for a full-body conditioning workout.	Cardio – Intermediate
Cross X	By using a mixture of calisthenics, plyometric and free weights with general lifting and some Olympic lifting techniques, in an	Strength-Advance

GROUP EXERCISE CLASSES

	always changing scalable format, this class can help you achieve your goal	
Cycle circuit	A high energy cardio workout for the entire body. Incorporates various cycle rides by using resistance and speed controls and strength work by maximizing time on and off the saddle.	Cardio/Multi-Level
Cycle Sculpt	Incorporates various cycle rides by using resistance and speed controls. Includes muscle conditioning.	Cardio/Multi-Level
EnhanceFitness™	A senior based fitness and arthritis management program that focuses on increasing cardiovascular endurance, strength, balance, and flexibility.	Specialty- Multi Level
Express RAB	Multi-level class focusing on strengthening the entire body and improving balance and stability with the use of the Resistance-A-Ball.	Strength-Multi-Level
Family Fitness	Interactive between the parent and child, this class incorporates creative aerobic movement that encourages physiological, emotional, and cognitive development	Specialty- Multi Level

GROUP EXERCISE CLASSES

	in addition to promoting social skills and cooperative participation with a group.	
FitCamp	Challenging workout incorporates a variety of cardio, muscular strength, and endurance activities.	Strength – Multi Level
Flex & Groove	Low impact class with focus on strength, balance, and flexibility.	Mind Body - Multi Level
Flex and Stretch	Geared for improving flexibility for all muscle groups through various stretching techniques.	Mind Body-Multi-Level
HIIT	This class is a total body, aerobic, strength conditioning workout. This interval based class combines full body strength training with cardio bursts.	Strength-Advance
HIIT Start	This class is a 30-minute class is a total body aerobic and strength conditioning workout. This interval based class combines full body strength training with cardio bursts. Modifications for all levels	Strength-Multi Level
Incinerate	This class incorporates Tabata®, a highly popular exercise for those who are looking for a fast, effective workout guaranteeing you to sweat.	Strength- Advance

GROUP EXERCISE CLASSES

	Incinerate offers quick bursts of peak effort utilizing cardio and strength segments with even shorter recovery periods.	
Insanity Live™	A total body, high intensity workout that requires no equipment. You exercise using your own body weight for resistance.	Strength-Advance
Intro to Group Exercise	This 30 minute class will introduce you to the basic components of different group exercise classes so you can feel comfortable and confident in joining other classes we offer.	Specialty-Beginning
Kickboxing	A multi-level cardio class that incorporates kickboxing, self-defense and boot camp moves.	Cardio/Intermediate
Latinva®	An innovative freestyle Latin dance fitness workout program that incorporates Latin dance steps as the foundation of a fun and exhilarating cardio dance fitness workout to Latin, Caribbean, and African music.	Dance – Multi Level
Let's Dance JR	Enjoy dancing? Come learn some new dance moves, improve coordination and just have a good time. No experience necessary! Ages 4-7	Specialty- Multi Level
Line Dancing	Line dancing is a fun	Dance – Multi Level

GROUP EXERCISE CLASSES

	<p>way to learn organized dance moves with an emphasis on performance.</p>	
<p>Mindful Outdoor Experience (MOE)</p>	<p>This Mindful experience outdoors will allow you to be enhanced and rooted in the present moment. On this walking journey we will explore trails and some off trail areas, walking and expanding the senses and experiencing a nature meditation. The class will meet by the back parking lot (west side). Class will start promptly due to the set format. Come dressed appropriately for the weather and wear shoes/boots with treads. Class will be held in the rain <i>but not</i> if thunder/lightening/high winds.</p>	<p>Mind Body - Multi Level</p>
<p>Pilates</p>	<p>The basic method of mat-based core training which includes abdominal, back and hip muscles.</p>	<p>Strength-Multi-Level</p>
<p>Pilates Sculpt</p>	<p>The basic method of "mat-based" core training which includes abdominal, back and hip muscles with additional muscle conditioning work.</p>	<p>Strength-Multi-Level</p>

GROUP EXERCISE CLASSES

Pilates Water Walking	Integrates Pilate's concepts into a shallow water walking program, with flowing movements that will challenge the core muscles while developing and strengthening flexibility, endurance and overall posture.	Aqua- Multi Level
Piloxing™	A mix of pilates and boxing.	Cardio/Multi-Level
Piyo™	Fast-paced, traditional yoga and plyometric moves with an emphasis on strength, fitness, and flexibility	Strength- Multi-Level
Pound®	Channel your inner rock star with this full-body cardio jam session, inspired by drumming. Using lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music.	Strength-Multi-Level
Power Yoga	Yoga with an emphasis on strength using challenging poses. The instructor will take into account the skill levels of the participants who attend and will teach accordingly.	Strength-Advance
Qi Gong	Class includes aligning the breath with coordinated body posture and movement to bring awareness of the body and mind.	Mind Body-Multi-Level
RAW	It's the next level of	Strength-Multi-

GROUP EXERCISE CLASSES

	training. Your muscular strength and endurance will be tested when combined with cardiovascular movement. A challenging total body workout.	Level
Recover Your Core	Evidence-based, core strengthening for women postpartum and beyond	Mind Body – Multi Level
Restorative Yoga	Relax and calm your entire body, mind, and spirit.	Mind Body- Multi Level
RIP	A cardio barbell program for men and women of all fitness levels and ages. Get your body in shape as you challenge your major muscles in your body.	-Multi-Level
RIPata	Looking for a fun and challenging workout? RIPata will combine RIP and Tabata for a complete cardio and strength workout	
Rock Bottom	45 minutes to tone, lift, and sculpt your glutes	Strength – Multi Level
Rx Fitness	Designed for developing strength, flexibility, muscular endurance, balance and coordination involving some low impact.	Specialty- Multi Level
Sculpt & Tone	This class will include weights and music to keep the heart rate up	Strength – Multi Level

GROUP EXERCISE CLASSES

	while toning the whole body.	
SilverSneakers CardioFit®	Get up & go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact moves, upper-body strength, abs conditioning, and stretching & relaxation exercises to energize your active lifestyle.	Specialty- Multi Level
SilverSneakers Circuit®	Combine fun & fitness to increase your cardiovascular & muscular endurance with a standing circuit workout. Upper-body strength work alternates with low-impact aerobics. A chair is used for standing support, stretching and relaxation exercises.	Specialty- Multi Level
SilverSneakers Classic®	Move to the music through exercises that increase muscular strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available for seated or standing support.	Specialty- Multi Level
SilverSneakers Range of Motion (ROM)	Join this invigorating group exercise class as we lead you through a	Specialty – Multi Level

GROUP EXERCISE CLASSES

	<p>variety of moments utilizing large muscle groups while incorporating balls, bands and light weights for resistance training.</p>	
SilverSneakers Yoga ®	<p>In this class chair support is offered to safely perform a variety of seated and standing postures that increase flexibility, balance and range of motion. Restorative breathing exercises and final relaxation promotes stress reduction and mental clarity.</p>	Specialty- Multi Level
Sit to be fit	<p>Non-impact, chair-based work out that includes exercises to improve muscular strength, range of motion, balance and flexibility movements. Some standing exercises will be introduced.</p>	Specialty- Multi Level
SPARK®	<p>A fun, high-energy, interactive program with rhythmic, engaging activities that foster social and motor development. This drop-in class is open to all children ages 3-7. Open to children with all abilities. Parents are</p>	Specialty- Youth

GROUP EXERCISE CLASSES

	encouraged to attend.	
Step n Sculpt	Incorporates a combination of cardiovascular training on an adjustable platform as well as muscle conditioning with the use of bands, tubs, weights and balls.	Cardio/ Intermediate
Stroller Shape	Incorporates the environment and stroller to get a full body workout. You and your little one will enjoy fresh air, exercise, and bonding with other parents.	Specialty- Multi Level
TABATA	Your muscular strength and endurance will be tested when combined with cardiovascular movements. Be prepared for a challenging and total body workout.	Cardio/Advanced
Tai Chi	Tai Chi is a Chinese exercise that incorporates slow, repetitive low impact movements to achieve relaxation of both body and mind.	Mind Body-Multi- Level
TNT (tighten and tone)	A toning class that will work your entire body. Your body weight as well as equipment will be used to "tighten and tone" your body from head to toe.	Strength-Multi- Level
TRANSFORM LIVE®	Using a step to ramp up your calorie burn, this 30-minute, music-	Cardio/Multi -Level

GROUP EXERCISE CLASSES

	<p>driven, high-intensity cardio-conditioning class is designed specifically to offer regressions and progressions that make the class accessible and effective for everyone. This class will also include some additional muscle and flexibility exercises for a total body experience.</p>	
TRX	<p>Suspension Training® is a revolutionary method of leveraged bodyweight exercise that builds a strong core, strength, flexibility, and endurance. This workout harnesses the way your body naturally moves to improve your athletic performance.</p>	Strength-Multi-Level
TRX/AMP	<p>Amp up your workout with a combination of boot camp intervals and drills and TRX® Suspension Training®.</p>	Strength-Multi-Level
TRX/YOGA	<p>Yoga preformed using Suspension Training® TRX units which is a method of leveraged bodyweight exercise that builds a strong core, strength, flexibility, and endurance.</p>	Strength-Advance
TurboKick™	<p>Cardio Kickboxing and</p>	Cardio/

GROUP EXERCISE CLASSES

	body-sculpting dance moves. Get lean and toned with this higher intensity, fast-paced, addicting class!	Intermediate
Vin /Yin Yoga	A combination of flow yoga to warm and challenge the body, followed by gentle stretches and posture holds.	Mind Body- Multi Level
WERQ®	This is a fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses.	Dance-Multi Level
Y Cycling/ with number/minutes (Y Cycle 30, Y Cycle 45, Y Cycle 60)	Geared to improve overall endurance and cardiovascular conditioning while using indoor cycle drills and techniques.	Cardio/Multi-Level
Y Step	This class is designed to push your cardio edge into high gear and work the legs in every direction, both on the step and on the floor.	Cardio/Multi-Level
Y Vibe	Variety of dance moves choreographed for burning calories and having some fun.	Dance/Multi-Level
Yoga	Increase your flexibility and strength as well as your cardio and circulatory health	Mind Body- Multi Level

GROUP EXERCISE CLASSES

	through our relaxing, yet energizing yoga class.	
Yoga for the core	Deep stretching and strengthening for the abdominal, back and hip muscles with a consistent flow of movement and breath connection for upper body strength.	Strength-Multi-Level
Yoga for the Spine	Improving the function of the spine develops a stable foundation for the whole body. In this class we will use breath centered movement using appropriate postures to increase awareness as well as mobilization and stabilization of the spine.	Mind Body-Multi-Level
Yoga Sculpt	A total body workout that incorporates weights for a unique dynamic to yoga poses. It builds a strong core, balance and burns extra calories.	Strength-Multi-Level
YogaFusion	Principles of Pilates, yoga & dance. Strengthen and lengthen your body with focused awareness of working from your center! We will focus on stretching our belly through our limbs as we work to tone and strengthen our body from our center out!	

GROUP EXERCISE CLASSES

Yogalates	A low-impact fusion of Yoga & Pilates for a total body workout for toning the glutes, thighs, and stomach. This helps you develop core strength & stabilization (Pilates) & improve your flexibility, muscular strength, posture & alignment (Yoga).	Strength-Multi-Level
Youth Y Vibe	Variety of dance moves choreographed for burning calories and having some fun.	Specialty- Multi Level
ZUMBA Strong®	STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.	Strength-Intermediate
ZUMBA ®	Enjoy this invigorating Latin music inspired dance group exercise class.	Dance/Multi-Level
ZUMBA ® Toning	Join the Zumba party and learn how to use hand weights to enhance rhythm, build strength and tone all the target zones. Some Zumba experience is strongly encourages.	Dance/Multi-Level
ZUMBA Gold ®	A Latin-inspired dance workout with modified	Specialty- Multi Level

GROUP EXERCISE CLASSES

	moves and pacing to suit the needs of the all active older adults and beginning group exercisers.	
Zumba® (Family)	Features rhythmic dance moves set to high-energy Latin and international beats for a fun and great work out. For ages 8 and older.	Dance- Multi Level