



# Group Fitness Class Descriptions



## Senior Classes

**Sunrise Splash**—*Recreation Pool*—Join us in our warm water pool for a low-impact work out that is gentle on your joints to improve agility and flexibility. You will use a variety of aqua fitness equipment to increase overall strength, balance and coordination. This class is great for all fitness levels, take it at your pace and your level of intensity!

**Dance Fitness**—Get groovin' at your own pace! This easy-to-follow, low impact class lets you move to the beat at your own speed. Dance fitness classes provide modified, low-impact moves for active older adults that allow you to get your heart rate up and move in a fun way!

**Seated Yoga**—You will move through a series of seated and standing yoga postures using a chair for support as needed, to improve strength, coordination, balance and flexibility! A very gentle yoga class that will feel great!

**Seated Strength/Cardio**—A low impact class using hand held weights, resistance bands, balls and a chair. You will increase muscle strength and range of motion, while improving cardiovascular and muscular endurance and balance.

## Aqua Fitness

**HIIT the Water**—High Intensity Interval Training in the water gives you the kick of a high intensity workout in this low impact interval class in the pool. Great for all fitness levels and ages! Move at your pace and your intensity while getting a great workout that is easy on the body! Try the class in our *Recreation Pool (HIIT! Shallow)*

**Aqua Bootcamp**—*Recreation Pool*—an up-beat class for swimmers and non-swimmers, incorporating cardio, muscular endurance, core, flexibility, and functional movement patterns in a circuit format. Great for those who love the water, want to add variety to their workout, or are looking for a low-impact, high-intensity option.

**Aqua Focus**- *Recreation Pool*- a 30-minute class for swimmers and non-swimmers using the resistance of water, our bodies, and other tools to focus on different areas of the body each class. A great low-impact workout focused on mobility, balance, and strength that is easy on the body.

## Cardio

**SPIN**—The ride of your life starts on an indoor Spin bike! Your instructor will take you through a variety of terrains including, hills, intervals, jumps, and sprints for one of the most amazing low-impact cardio workouts of your life! You will love the energy of this class!

**Cycle Circuit**—A 45-minute class combining cardio & core using a stationary Spin bike and strength circuits for a full body workout. This class will allow you to knock out your strength and cardio at the same time! 30 minutes of Spin, combined with 15 minutes of core, for the perfect combo of cardio and strength!

**Kickboxing**—Come get tough with this 30-minute kick-butt cardio workout! It involves a variety of different punches, kicks and kickboxing exercises to get the heart rate up and burn mega calories in a short amount of time. Relieve stress and knock out your workout with this class!

## HIIT/Circuit Training

**Early Bird Circuit**—Empower the day! This cardio strength circuit is designed to make you healthier and stronger so you can conquer the day's challenges! The early bird...gets their workout in before everyone else gets out of bed! Start your day off right!

**Tabata & Core**—A high intensity interval training workout that consists of 20 seconds of high intensity work, paired with 10 seconds of rest. These intervals are combined with focused core work for a total body workout! Tabata & Core is the "best bang for your busy lifestyle" type workout!

**Power 45**- A 45 minute HIIT class using different formats to incorporate cardio & strength for an overall great workout! If you like a variety in your workouts, but want to show up knowing you'll get a great workout in and a good mix of cardio & strength, Power 45 is for you! Make the most of your time with a variety of exercises and many options to challenge yourself at your fitness level!

## Mind/Body

**Yoga**—Move your body in a way that feels good! Relax, unwind, de-stress, give yourself a mental break, rejuvenate the mind and body with a blend of stretches, traditional yoga poses, dynamic and flowing movements with your breath. Improve your strength, flexibility, balance, range of motion, and posture through this mind/body workout. You will love the way you feel when you leave this class! Reap all of the amazing physical and mental benefits of Yoga by making this class apart of your weekly routine!

## Strength

**Body Pump**—This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Great music, high energy, awesome instructors and your choice of weight, inspires you to get the results you came for—and fast!

Be sure to check out **(BODY PUMP EXPRESS)—The 30 minute workout you've been looking for!**

**Les Mills Core**—Looking for a short, sharp workout that inspires you to the next level of fitness? CXWORX is ideal for tightening, toning, and strengthening your core and glutes while also improving functional strength and assisting in injury prevention.

**Total Body Toning**—Total Body Toning is a 45 minute, low-impact toning class that focuses on strengthening the entire body from head to toe. Gain muscular strength with this class designed for all fitness levels.

**Power Pilates**—A fun, challenging class that combines Pilates with movement! You will burn calories, strengthen & tone the muscles, work on balance and lengthening the body with dynamic and flowing movement for better mobility, range of motion, and a great stretch!

**Barre**- Trim, tighten and tone your body with this empowering and energizing 45-minute workout designed to create long, lean and toned muscles! Barre is a low-impact class combining Pilates, sculpt, yoga, and ballet moves to increase range of motion, increase flexibility, lengthen the muscles, and sculpt and shred the entire body. Meet me at the Barre!