

Class Descriptions

Cardio Classes

- Bring it On** – Your instructor will creatively and effectively bring you an awesome and different workout for each class. Cardio, Strength, Circuits, Intervals... who knows! But it WILL be fun! (55min)
- Step On Up** – An intermediate + step class with 40 minutes of cardio utilizing exciting combinations to keep you coming back for more. Increase your stamina and burn calories. Tone and strengthen to finish your workout. (55min)
- Body Blast** – You'll love these easy-to-follow, yet challenging cardiovascular moves to burn your calories. Then blast your body into shape for with bodybars, weights, pumping music and some old-fashioned motivation to strengthen and tone all major muscle groups. (55min)
- Cardio-Dance** – A variety of easy-to-follow dance steps with great music and fun moves each week. Let Carol introduce you to Zumba and Latin movement with this calorie-burning workout. What could be more fun?! (55 min.)
- Zumba** – A fusion of dance and fitness wrapped in a party set to Latin and international rhythms. An incredible workout that will maximize caloric output and fat burning while having FUN! (55min)
- Zumba Tone** – Take the original ZUMBA dance-fitness class to the next level, utilizing an innovative muscle training protocol and the addition of light weights. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercise will be sure to improve overall performance and re-define your body! ZUMBA toning is FUN, different, challenging and effective and will provide a new avenue to weighted activity, one that will keep you coming back for more!

Muscle Conditioning (Strength, Core, Tone)

- Athletic Conditioning** – A total body conditioning class combined with muscle work, calisthenics and cardio or intervals. This class may use weights, bands, tubes, & body bars along with your own body weight to tone/strengthen all major muscle groups, including abdominals. (60min)
- Core Solution** – Your core makes you strong, balanced and fit. Focus on the entire core safely and effectively with Tammy's Core Solution. (30min)
- Power Pump** – Sculpt, tone and define your muscles using a variety of resistance tools such as balls, weights and bands. This results-oriented workout contains an aerobic component to improve endurance, reduce bodyfat, and burn calories. Learn to work efficiently yet effectively.
- Pump It Up** – A full-body muscle conditioning class utilizing a variety of equipment to develop symmetry and muscular balance and strength. An effective ab workout and stretch completes your workout. (55 min)
- RESIST THIS** – Have you been resisting lifting weights...thinking it will make you bulk up instead of trim down? This training class uses a variety of resistance tools such as light weights, the body bars and bars. This class will add that missing component to your workout to help you melt away the fat and change your shape. It's a class you **JUST CAN'T RESIST!** (55minutes)
- Stability Ball & Weights** – Ever "really used" the stability ball? You will be amazed at how varied your workout will become. Class will incorporate cardio, upper and lower body with weights, abs and stretch. Great way to work on balance, also! (55min)
- Totally Toned** – Pump yourself up with cardio, intervals and some serious toning and strengthening exercises to start your day off right! (55mn)
- Washboard Abs** - Get down to the real "core" with this abdominal workout. (25-30min)

Mind/Body Classes

- Flow-Style Yoga** – Focus on meditative movement to enhance mind/body unity, build strength, balance and coordination. Learn proper breathing techniques and correct spinal alignment. (75 min)
- Pilates** – Lengthen your muscles and improve your "core" strength & increase flexibility, which in turn will strengthen your entire body. This is an excellent class for all levels that are looking for better body tone & definition combined with stress reduction & relaxation. (55 min)
- Gentle Yoga** – Gentle stretching and floor work to relax, release, and restore your energies for the weekend. (55min)
- Rise and Shine Yoga** – Essential yoga postures will boost your energy, invigorate your body and inspire your mind. Beginner friendly, yet effective for all levels. (60min)
- Yoga** - An ancient system of mind/body exercises that tone, strengthens, and stretches. It develops balance and focus and has a relaxing effect mentally as well as physically. (75 min)
- Yoga-Lates** – A combination of yoga and Pilates. Work your core, lengthen and tone your leg muscles. Practice of yoga poses for balance, strength and flexibility. (55min)
- Yoga Power Hour** – A series of challenging yoga postures linking breath with a continuous flowing movement. This dynamic yoga class is designed for the intermediate/advanced student who has an understanding of alignment principles. No yoga beginners please.

Seniors/Kidz/Specialty Classes

- Kidz Aerobics** (Ages 2-5 @ 11:05 and ages 6-12 @ 11:35) - A class designed just for the kids to have fun & burn some energy while increasing their motor awareness.
- Kidz Zumba** (Ages 6 and up) Dance, play and get your dose of exercise with this fun new class for kids. (45min)
- SilverSneakers® Muscular Strength** (Level 1) - Move through a variety of exercises designed to increase muscular strength & range of movement. Weights, tubes & balls are used for resistance, and a chair is used for seated & standing support. (45 min)
- SilverSneakers® Cardio Strength** (Level 2) - Similar to Level 1, PLUS... basic steps & rhythmic movements for the upper & lower body are designed to give you a safe total body workout. (45 min)
- SilverSneakers® Yoga Stretch** – A gentle way to stretch, lengthen, relax and improve your overall well-being. Feel free to use a chair! (55 min)

Cycling Classes * *Reserve your bike at the front desk up to 1/2 hr before class.*

- Intro to Cycling** - Learn how to safely set up & ride the bike & build up endurance so that your "Power Cycling" experience will be awesome!
- Interval Cycling** - Emphasize speed, tempo and timing with this aerobic vs. anaerobic workout. Studies show that intervals boost your metabolism, thus, burns more calories and fat quicker. (55 min)
- Power Cycling** - A challenging non-impact cardiovascular workout. A continuous aerobic (and often anaerobic) class that builds muscular & cardiovascular strength & endurance. Heart monitors suggested, but not required. (55 min.)
- Max Caloric Burn** – Want to burn the maximum amount of calories during and after class? Come find out how in this fun and informative interval-based cycling class. Weekly workouts are specific and are based on research by Dr. Len Kravitz and other experts. Join us by turnin' the cranks and burnin' the calories! (55 min)

Pool Classes

- Aqua Tai/Yoga** - Tai Chi or yoga in the water uses the whole body to increase strength, flexibility, balance, energy & relaxation. (25 min.)
- Aqua Aerobics** - Class includes 25-35 min. of aerobics, followed by toning, strengthening & stretching exercises. Class is safe for seniors or pre/post-natal women, however a great cardio workout for anyone. Talk to your instructor about any health considerations so that she can offer modifications as needed. (55 min)
- Aqua Balance** - With a focus on balance and range of motion, this non-impact class also incorporates strength, flexibility and stretching. Safe for all populations. We won't get your hair wet & no swimming ability or jumping is required. (50 min)
- Power Splash** – A fun-filled class that combines a variety of cardio-vascular or interval segments to provide fat burning & endurance benefits. Strength training w/ pool equipment followed by a complete stretch. Duration of aerobics and more intense movements make this class more advanced than the "aqua aerobics" levels. (55 min)

Endurance Swim Class for Adults OR Swim Lessons for Kids-Paid Programming-Ask at front desk.