

# CLASS INFORMATION

All classes include a warm-up, work phase and cool-down. For your safety, please do not enter a class more than five minutes after it has begun.

Classes that consistently have fewer than five participants are subject to cancellation.

# CLASS DESCRIPTIONS

## CARDIO

**Cardio Express** – Aerobics class that involves high and low impact movements. 30 mins.

**Cardio Low** – Aerobics class that includes easy-to-follow low-impact movements. 30 mins.

**Cardio Sculpt** - Full on cardio burst with sculpting exercises in between. May use light weights and or water bottles. 40 mins.

**Cycling** - Cardio workout on the stationary bike that helps build endurance and strength. 45 mins.

**Introductory** class is 30 mins.

**Line Dancing** – Learn different line dances each week as well as the favorites. 60 mins.

**Step** – Cardio class that utilizes the step for a more intense workout. 30 mins.

**Interval Training** – Class that combines cardio and muscle toning all in one workout. 30 mins.

**Pound®** - Channel your inner rock star with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. 30 mins.

**Total Body Blast** - Works all major muscle groups using cardio and various equipment 40 mins.

**Silver Dance** – Introduces easy to follow dance choreography that focuses on balance, range of motion, and coordination. 30 mins.

**Zumba®** - Combines Latin and International music with a fun workout. 30 mins.

## STRENGTH TRAINING CLASSES

**Body Sculpting** - Non-aerobic muscle conditioning class using dumbbells, barbells, bands, steps and/or exercise balls. 45 mins.

**Butt and Gut** - Focuses primarily on abdominal and gluteal muscles. 30-45 mins.

**Upper Body and Core** - Focuses on upper body muscles from core to shoulders/arms. 30 mins.

**Age Guidelines:** Children 12 years old may participate in Group Exercise classes with a parent or supervising guardian.

Ages 13+ may participate in Group Exercise classes without a parent or supervising guardian.

## LOW INTENSITY INTERVAL

**Barre** above® - Hybrid workout class combining ballet inspired moves with elements of Pilates, dance, yoga and strength training. 30 mins.

**Lunch Drill** – Interval training that mixes cardio, strength training and speed elements within each class session. 30 mins.

## SILVER SNEAKERS®

**Classic** – Offers variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Hand weights, and a Silver Sneakers ball are offered for resistance. A chair is available if for support. 45 mins.

**Circuit** – Offers upper-body strength workout with hand weights and a Silver Sneakers ball alternated with low-impact aerobics moves. A chair is used for support. 45 mins.

**EnerChi®** - Easy-to-learn, modified Tai Chi class that's ideal for all levels. Improves strength, balance and focus with slow movements. A chair is available for support. 45 mins.

## MIND/BODY

**Chair Yoga** - Offers a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of motion. The final relaxation promotes stress reduction and mental clarity. 45 mins.

**Pilates** - Focuses on strengthening the core, which includes the abdominal and low back muscles. 45 mins.

**Roll and Release** – Uses balls and rollers to help prevent pain, heal injury and reduce the effects of aging. This class uses neurofascial techniques that will enhance body awareness, rehydrate connective tissue and quiet the nervous system. The class incorporates core strengthening and stretching to help build a strong foundation for a healthy back. 30-45 mins. \*Yoga mat required\*

**Tai Chi** – Offers a series of movements performed in a slow, focused manner, accompanied by deep breathing. This low intensity class will improve concentration and balance. Good for all levels. 45 mins.

**Yoga** – Offers a total body/mind workout in this traditional class for all levels. 45 mins.