

# Class Descriptions

## **Group Fitness Classes**

### **Basic Training**

This is a very challenging class that is easy to follow. It strengthens major muscle groups while increasing your heart rate. You will be using a step, weights and/or tubing with controlled movements, working both the upper and lower body.

### **Cardio Blast**

A low impact aerobic workout to burn calories and increase your cardiovascular endurance. Some weights and abdominal work included. All levels welcome!

### **Total Fit**

Challenging strength training format, using techniques of boxing, calisthenics and power movements for core strength and agility.

### **Early Circuit**

Intervals of aerobic conditioning combined with resistance equipment training. All levels welcome.

### **Fitness for Seniors**

A total fitness class for senior adults! Class includes a gentle whole body warm-up, followed by seated and/or standing strength, flexibility and balance exercise to music that you will enjoy.

### **Gentle Yoga**

Traditional Yoga postures and therapeutic movements are explored in this 90-minute class. It improves flexibility, muscle tone and relieves tension.

### **Healthy Back**

A class designed to stretch and strengthen the important back and trunk areas.

Includes a warm up, stretch and strengthening, mat work, and relaxation.

### **KickMix**

A challenging class that combines aerobics, kickboxing, and weights for an exhilarating and intense workout!

### **Low Impact Fit Mix**

Move to moderate tempo music designed to help you increase your cardiovascular endurance and burn calories. This motivating class is great for beginners with easy-to-follow patterns.

### **Pilates Mat Science**

Controlled, mind/body exercise class performed on mats, to improve strength, flexibility, balance and posture. Training designed to challenge 'core' muscle groups of the abdomen and back.

### **Spin/Express Spin**

A group cardiovascular bike workout on Spinning bicycles. Work at own level, challenging and motivating.

### **Step Challenge**

An energetic step workout! Learn interesting patterns while having lots of fun! Muscle toning and abdominal work included for maximum results.

### **Step Intervals**

An energetic step class which combines strength training of lower body muscles, ab work, step intervals, balls bands and weights for great results!

### **Stretch and Relax**

Start your day with relaxation and increase your flexibility using range-of-motion techniques and deep breathing.

### **T'ai Chi**

This mind, body and spirit exercise class is suitable for people in all age groups, using flowing movements involving the entire body.

### **Yoga**

Relaxing and invigorating Hatha based Yoga class simple enough for beginners and intense enough for seasoned yogis.

### **Zumba!**

Fun, intense Latin based exercise class!

## **Aqua Classes**

### **Arthritis Foundation Aqua Exercise**

Geared for those who wish to improve flexibility, and decrease pain and stiffness in joints.

### **Hydrotone**

Deep and shallow water exercises using resistance equipment. Classes for advanced, or medium skill levels.

### **Hi/Lo H2O**

A high/low intensity class using a variety of equipment, usually taught in shallow water. Classes for advanced or medium skill levels.

### **MS Exercise**

Helps with mobility and awareness through instructor-guided gentle movements in shallow water. Wheelchair ramp in pool for easy access.