

## CLASS DESCRIPTIONS \*Classes recommended for beginners

**\*Cycle** In this instructor led class you can get a great cardio workout while riding to motivating music! It's great fun for all levels of fitness because you control the intensity of your workout.

**\*Abs-Buns-Cycle A** great combination of cardio and strength training with intervals of cycling, strength exercises, and abdominal training with motivating music!

**\*Body Pump Live/Virtual** Weight training class designed to make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout. Whether Live with an instructor or scheduled virtually, the encouragement, motivation and great music will get you in shape!

**BootCamp** Build strength and endurance in this high energy, total body workout that can include a mix of sprint intervals, jumping rope, bodyweight exercises, kettlebells, dumbbells, and medicine balls.

**\*Hip Hop** Dance your way to fitness with good music, good friends, and a fun workout!

**Interval Training/HIIT** Cardio and strength training intervals combine for a fun, challenging workout.

**Kick-Box** An energetic aerobic workout combining punching and kicking moves. Great for strengthening, toning, and flexibility too!

**\*Low Impact Aerobics** Low intensity class for seniors, beginning exercisers, and those who enjoy aerobics but prefer a milder pace. This class incorporates cardiovascular fitness, muscular endurance, balance, and flexibility.

**\*Line Dance** Low impact class teaching line dance steps.

**\*Pilates** Develop a strong core, (center of the body), and feel refreshed in this class as you focus on strengthening the abdominal muscles, the trunk, pelvis, and shoulder girdle. Exercises are performed on a mat and are appropriate for all levels of fitness.

**\*Silver Sneakers** Very low to no impact exercise class geared toward seniors and designed to increase mobility, range of motion, flexibility, and balance with gentle exercises.

**\*Step** A fun, innovative aerobic workout, stepping on and off a 4 to 8 inch bench, with the option of using power moves for variation. This class also incorporates strength, toning, and flexibility exercises.

**\*Total Body for All Variety Pack** Cardio, strength, abdominal, and flexibility training combine for a fun, challenging workout for all levels!

**\*Yoga** Leave it all behind with this blend of physical movements, breathing, and deep relaxation skills that reduce stress, strengthen the body, and increase flexibility.

**\*Slow Flow Yoga** Yoga at a slower, milder pace and intensity.

**Power Yoga** Yoga at a faster, more challenging pace and intensity.

**Yoga Wall** Experience yoga poses in a creative, therapeutic and fun way using the Yoga Wall and its supporting straps, as well as various props such as bolsters, blocks or blankets.

**\*PiYo** A blend of Pilates and Yoga exercises performed for a unique blend of toning and stretching.

**\*Senior Chair Yoga** Perform yoga stretches, breathing techniques, and relaxation skills seated in a chair.