

CLASS DESCRIPTIONS

Some classes are not scheduled year round and are subject to change.

***ABC Abs-Buns-Cardio Interval** Class targeting abs and buns with a mix of cardio.

***Body Shred** 30 minute class designed to give you a full body workout using strength, cardio, and recovery exercises using light weight resistance and your own body weight.

Bootcamp Indoor/Outdoor class that mixes traditional callisthenic and body weight exercises with training and strength training (run sprints, jump rope, perform pushups, plyometric training, etc)

Breath Work & Yin Yoga Cooling, restorative, & mostly sitting/lying on the floor stretching and targeting hips & lower back.

***Breathing & Meditation** Learn techniques to help with anxiety, depression, & stress & restore your calm & inner peace.

Cardio Kick-Box An energetic aerobic workout combining punching and kicking moves.

Chakra Yoga Yoga postures to open/balance chakras (psychology for the body).

Cycle, Cycle and Core ,Spin and Sculpt, Cycle Float In/Out Burn up to 800 calories in an hour while riding to motivating music! Some cycle classes include weighted strength training off the bike.

Healing Yoga Designed for what ails you. Also for healthy back & spine.

Intermediate/Restorative Yoga Designed for students who are ready to take it to the next level with advanced poses, with the option to modify.

Intervals Class designed to give you a complete body workout alternating between periods of cardiovascular exercises and strengthening/toning exercises.

KettleBell This 30-45 minute class provides unique multi-joint movements that exercise all the large muscle groups while simultaneously providing a high level of cardiovascular endurance training.

Kidz Dance Party An energetic and fun 45 minute class designed to get kids moving while learning dance moves to their favorite songs.

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

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

Martial Arts Teaches how to defend yourself using techniques found in Ju-Jutsu, Aiki-Jutsu, Karate, & Kendo and maximize your physical & mental abilities to overcome any attacker.

***Pilates, Pilates on the Ball** Develop a strong core focusing on strengthening the abdominal muscles, trunk, pelvis, & shoulder girdle. You will also work on improving flexibility, agility, and economy of motion.

Power-Cut Power-Cut is Group Weight Training designed to improve strength, raise metabolism, speed body fat loss, & shape the physique.

Power Flow Yoga Quicker pace & total body immersion. Be prepared to sweat.

Restorative Yoga Slower flow, easing the body into shapes that restore & rejuvenate. Open to all levels.

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

***Simple Step** Learn the basic moves on which all step is based. Get a great cardio and fat burning workout to fun music and routines.

Sun Salutations Yoga Warm up & stretch to greet the day. Works every part of the body.

Tabata, HIIT Tabata Timed interval training that includes cardiovascular and strength training.

Tai Ji' Slow rhythmic, & meditative body movements designed to enhance relaxation, inner calm, & peace.

Total Abs, 10 Min. Abs Class dedicated to strengthening the total core and lower back.

Total Glutes A 30 minute class focusing on strengthening and toning your glutes.

Yoga Flow Blend of physical movements, breathing, & deep relaxation skills to reduce stress, strengthen the body, and increase flexibility.

Yoga for Balance Use your center of gravity to strengthen core, legs, & feet.

Yoga Pump Strength train at the same time you strike a pose using weights, balls, & bands.

***Zumba** Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

***Classes suitable for Beginners**-Modifications can be made for different fitness levels in most classes. Please let the instructor know if it is your first time in class and they will be glad to help make the class type fit your needs.