

Group Exercise Class Descriptions

20/20/20 Get a little bit of everything in this class with a mix of cardio, toning, and core exercises.

AQUA: A fun and challenging, very low impact class, using hand buoys, noodles, and aqua joggers. This is an innovative class designed for new or experienced exercisers! Burn calories as you move through the water, and experience increased range of motion. Some swimming skills required.

BARRE: an exciting and upbeat 60 minute class that combines pilates, yoga, and ballet moves to give you a beautiful, sculpted and toned body. The class starts with a warm up and a sequence of upper body exercises. Then we move into a series of ballet barre or floor exercise that focus on the thighs. Our seat series follows, using the ballet barre or floor. Then we will finish off with abs which is followed by a nice long stretch! You do not have to have a ballet background to attend class.

BARBELL FITNESS: An energizing barbell workout with exercises specifically safe for all ages. This 45 minute workout challenges your major muscle groups with weight room exercises to great music!

BODYPUMP/PUMP45: Using barbells, this class provides powerful athletic resistance training. With the support of a group and the driving energy of the music, you'll find this the fastest, most enjoyable way to get into shape. All fitness levels welcome. PUMP45 is a 45 minute alternative with options for people needing lower impact options.

BOOT CAMP: a group training that will increase strength, endurance, and push you a little further than you would normally push yourself.

CARDIO INTERVALS: 60 minutes of extreme conditioning including cardiovascular and strength training which vary every class to generate 'muscle confusion.' An incredible heart-pumping, fat-burning workout! This cardio workout combines a variety of sports-conditioning drills and exercises to offer a high-intensity class. All fitness levels.

CHAIR YOGA: Yoga stretch will move your whole body through a complete series of seated and standing yoga poses

CORE & MORE: 1 hour of core work to include abdominals, obliques and lower back plus some glutes for a little extra lift

CROSS TRAINING A perfect combination of cardio, strength, sports & agility related exercises. From the newest member to the most advanced athlete everyone will benefit from this class. Prepare yourself for extreme motivation, varied workouts, and goals met in this fun and challenging class!

CYCLE: Indoor Cycling is a great, no impact cardio option. Our motivating instructors will make the hills, sprints and climbs fun and challenging. Class limit – 10

HABIT An engaging class that tones your Hips, Abs, Butts, and Inner Thighs

HEALTHY BACKS: Designed by a physical therapist and reviewed by a chiropractor this class will help you remain pain free. Strength, flexibility and relaxation are enhanced using a series of gentle exercises. All fitness levels welcome. (30 min)

JUST STRETCH: This 45 minute class will stretch all major muscles and relieve stress.

LAP SWIM FITNESS: If you know the basic strokes and can make it across the pool this class is for you.

LOW IMPACT: Gain agility, reduce anxiety, burn calories & meet new friends in this easy-on-the-joints class. Class includes 25 minutes of cardiovascular exercise, followed by a 5 minute standing stretch. (30 min)

SilverSneakers CLASSIC: Upper body strength work with hand weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. (Adult Activities Center)

SilverSneakers CARDIO CIRCUIT: Upper and lower body strength work is alternated with non-impact aerobic choreography. Participants must have sufficient muscular strength and endurance to exercise from a standing position for a minimum of 30 minutes. (Adult Activities Center)

STEP a form of aerobic power distinguished from other types of aerobic exercise by its use of an elevated platform (the step). The height can be tailored to individual needs by inserting risers under the step

TAI CHI: This is the best class around to improve balance, prevent falls, and promote relaxation. All fitness levels will benefit from the healing energy of Tai Chi.

TONE & TIGHTEN: Tone those smaller, hard to hit muscles with a new routine each class. Beginner friendly.

TURN/BURN/CORE: Cycle, Strengthen, Tone, and Core exercises will leave you thankful you came to this class!

YOGA: Our instructors will guide you through a variety of poses to increase flexibility, strength, balance and self-awareness. Variety of levels offered, such as Gentle for easier movements & Power for more intense movements, while still offering options for all fitness levels. **Chair Yoga** is a SilverSneakers program using a chair. **YIN Yoga** is a slow-paced style of yoga with poses that are held for longer periods of time.

ZUMBA: Traditional latin music, paired with hip/hop dance makes exercising fun.

ZUMBA GOLD/DANCE GOLD: Traditional salsa, samba, and meringue music, paired with invigorating international dance steps makes exercising fun and safe for seniors or those needing low impact versions!