

## CARDIO & STRENGTH

### BODYPUMP® CF CS MS

A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions.

### BODYCOMBAT® B CF CS

A pre-choreographed non-contact martial arts inspired workout with moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

### Cardio Blast CF CS MS

A total-body, high-intensity cardio and strength workout.

### Core Fit B CS MS

Strengthen your abs, obliques, lower back and more in this core-focused class.

### Cycling CF

Cardio workout to music on specially designed stationary bicycles.

### Extreme Fit CF CS MS

Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises.

### Forever Fit - YAA B CF CH CS MS

Chair based fitness using seated and standing exercises.

### Hi-Lo Cardio B CF CS MS

Fun and energetic workout using high and low impact movements.

### HIIT CF MS

High intensity interval training - workouts done in timed intervals.

### Step B CS CF MS

High energy workout that uses adjustable step. Step board optional.

### Strength CS MS

A full body strength and conditioning class using a variety of equipment.

### T.K.B (Turbo Kick Box) B CF CS MS

Pre-choreographed cardio kick boxing with body sculpting dance moves.

### TRX® B CS MS

A suspension training system that leverages gravity and your body weight to perform a variety of exercises.

### Zumba® CF

Combines unique Latin moves and rhythms to create an exciting dynamic workout.

### Zumba® Gold - YAA CF

A modified Zumba class that recreates the original moves you love at a lower intensity.

## MIND & BODY

### Chair Yoga B F CS CH MS

Enjoy the benefits of yoga utilizing a chair for support.

### Gentle Yoga B F CS CH

Breathing and relaxation in postures that are gentle on the joints.

### Hatha Yoga B F CS CH

Series of traditional postures that release tension and stress.

### Restorative Yoga CH

A practice that is about slowing down and opening up your body by holding poses to deeply relax the body with the use of props.

### Pilates F CS CH MS

A sequence of carefully performed movements that strengthen the body, open joints and release tension.

### Power Yoga B F CS CH MS

Dynamic and challenging high-energy workout for experienced yogis.

### Tai Chi B CH

A form of martial arts that builds strength and balance.

### Yoga F B CS CH

Utilizes stretches and classic yoga postures to tone your entire body. Increase your well-being by focusing on breathing.

## WATER EXERCISE

### Aqua Combo B CF CS MS

This is a shallow and deep water combined workout. We will use the full length of the pool for our workout with different pieces of equipment to add resistance.

### Aqua Interval CF CS B MS

A tough workout that utilizes intervals and high intensity activity.

### Aqua Zumba CF CS B MS

Water resistance with a Zumba philosophy offers a low-impact, high-energy aquatic pool party.

### Arthritis Plus - YAA B CF CS MS

Arthritis class designed to alleviate pain and stiffness associated with arthritis and increase range of motion.

### Deep Water B CF CS MS

A deep water workout that utilizes intervals and high intensity activity.

### Masters Swim CF

Coached (and non-coached) swim team for adults. Workouts given each day and displayed on white-board.

## KID-ORIENTED CLASSES

### Kid-Friendly Fit CF MS

Ages 4+ appropriate exercises. Parent/guardian must remain in facility and sign-in is required.

### Kid Only Fit CF MS

Ages 7-12 appropriate exercises. Parent/guardian must remain in facility and sign-in is required.

## CLASS BENEFITS:

