

## CLASS DESCRIPTIONS

### STRENGTH & CONDITIONING

<b>SHRED30</b>	Start your day right with this efficient, high intensity, high impact muscle-blasting program! Learn the shredding secrets of bodybuilding pros as you simultaneously build muscle and burn fat using a variety of weightlifting techniques and calisthenics to push your limits and reach that next level of fitness!
<b>POWER ZONE</b>	Power Zone focuses on growing every individual in a supportive group setting. From the beginner to the elite athlete, you'll improve through personalized instruction of foundational strength and conditioning exercises. Similar to personal training but with the benefit of friends!
<b>BODY STRENGTH</b>	This traditional weightlifting class will help you create a solid foundation for resistance training. Resistance training (also called strength training or weight training) uses different modalities of weights to resist muscular contraction and improve strength, anaerobic endurance, bone density, and size of skeletal muscles.
<b>HIIT</b>	HIIT (high intensity interval training) involves performing exercises in a series of brief, high-intensity bursts separated by lower-intensity periods of recovery. These classes are designed to provide cardio benefits in a shorter duration.
<b>KICKBOXING</b>	Kick and punch your way into wellness in this fun, invigorating cardiovascular class. Class moves can be modified for all levels to create a low impact environment.
<b>Y-FIT4LIFE</b>	This low intensity, low impact workout for 55+ focuses on functional strength, mobility, & stability. Improve bone density, anaerobic conditioning, energy, & balance while decreasing stress and anxiety, excess weight, blood pressure, & chance of disease.
<b>WATER FITNESS</b>	Make a splash! This low-impact workout done in our pool is ideal for those with joint problems, chronic pain, or injuries and helps to improve both strength and cardiovascular endurance.
<b>LES MILLS®</b>	BODYPUMP™ - THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit - fast! BODY PUMP EXPRESS- A condensed format of BODY PUMP! BODYCOMBAT - A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness! BODYBALANCE - a new generation class that will improve your mind, your body and your life through yoga, tai chi, and Pilates influences.
<b>FOREVER FIT CHAIR</b>	The workout includes fall prevention drills and exercises to improve strength and endurance with the use of a chair and handheld weights or tubing.
<b>TABATA CHALLENGE</b>	This class is for the intermediate to advanced fitness enthusiast. It is a cardio and strength class focusing on maximal effort for a minimal amount of time.
<b>INDOOR CYCLE</b>	Group Cycle: Performed on a stationary bike building both cardiovascular fitness and muscle tone.  Pedal for Parkinson's : A traditional group cycle class with a lower intensity. All levels welcome!

### DANCE CARDIO

<b>ZUMBA®</b>	Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® classes are often called exercise in disguise.
<b>ZUMBA GOLD®</b>	Zumba Gold is for active older adults who are looking for a modified Zumba class at a lower intensity.
<b>ZUMBA TONING®</b>	This workout incorporates light dumbbells to the Zumba workout. It mixes low intensity and high intensity moves for an interval style workout. This calorie burning dance fitness class will make you sweat and feels like a dance party!
<b>LABLAST FITNESS®</b>	LaBlast® Fitness, created by Emmy-nominated choreographer & DWTS pro, Louis van Amstel, is a dance fitness program based on all of the ballroom dances you see on Dancing with the Stars. It is partner-free, includes all components of fitness, and uses music from every era & genre. "If you can clap it, you can dance it!"
<b>STEP CARDIO/ BEGINNER STEP</b>	With an adjustable step platform, this high-energy class helps increase endurance and body toning through active, choreographed cardiovascular exercises targeting different muscle groups. Step it up and down, over and around, to the sound of your favorite beats in this fast-paced session! Beginner and beginner intermediate.
<b>STEP AND STRENGTH</b>	This hybrid class incorporates traditional step choreography alternating with strength moves using dumbbells or body weight!
<b>SALSA</b>	It's a type of dance that originated in Cuba and is known for it's energetic and rhythmic movements.
<b>XTREME HIP HOP®</b>	This music-based program pairs step aerobics to classic hip hop for a unique club vibe while building strength and endurance!

### MIND—BODY

<b>YOGA</b>	Various disciplines of yoga are offered including Power, Vinyasa, and Gentle.
<b>AQUA YOGA</b>	Some of the traditional yoga poses done in the water to get a low-impact, full-body workout that helps to improve your strength, balance, and range of motion.
<b>QIGONG</b>	Developed in ancient China as part of traditional Chinese medicine. It involves using exercise to optimize energy within the mind, body and spirit, with the goal of improving and maintaining health and well-being.
<b>MIXED YOGA</b>	A dynamic fusion class combining Vinyasa Flow and Hatha Yoga. Suitable for all fitness levels.
<b>PILATES</b>	Pilates is a method of exercise that consists of low-impact, flexibility, muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.
<b>DANCE PILATES</b>	A class where strength meets flexibility. Think highly focused movements that leaves your body toned and transformed!
<b>TAI CHI</b>	Developed for self-defense, tai chi has evolved into a graceful form of exercise used for stress reduction and a variety of other health benefits. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing postures and movements.
<b>SEATED TAI CHI</b>	This class improves your balance to help with injury prevention. Exercises done seated in a chair.
<b>BARRE FUSION</b>	Feel the burn! Blending Pilates, power yoga, and barre, this low impact, high intensity workout isolates deep muscles in the core, glutes, arms, and legs. Using a variety of apparatus such as the barre, body bars, stability balls, and Bosu®, your strength and endurance will be challenged in ways you didn't think possible!

**SPECIALTY PROGRAMS (Fee-based) See our Front Desk for more information!**

**REFORMER · INTERMEDIATE MAT · JU JITSU · KARATE · TAI CHI**