

• GROUP FITNESS CLASS DESCRIPTION

ARTHRITIC AQUA - (All levels) a class designed for individuals who need specialized attention in maintaining range of motion and flexibility.

AQUA AEROBICS - (All levels) Class offers muscle toning and fat burning in a water environment that reduces impact and stress on joints. Excellent pre-postnatal workout. Class format will vary to keep participants moving around the pool!

BALANCED & FIT (Beginner & Inter) Seated on a chair or stability ball this seated workout combines cardio, strength, flexibility training and balance. (60 minutes)

BODYPUMP- (All levels) This 60 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Your choice of weight inspires you to get the results you came for fast.

CARDIO, STRENGTH & STRETCH (CSS)- (ALL LEVELS) this class offers a mix of LOW IMPACT AEROBICS, STRENGTH and FLEXIBILITY TRAINING. Have fun while building cardiovascular endurance, muscular strength, and flexibility. GREAT FOR THE BEGINNER!

CORE YOGA- (All levels) this class is based on Vinyasa style yoga which integrates the core & increases core strength, muscle tone & helps sculpt the mid section through a variety of yoga poses.

CYCLING- (All levels) A cardio class that will help build cardiovascular endurance, strengthen lower body and BURN-BURN CALORIES!! Pedal to a stronger body!!!!!!!

DEEP WATER (All levels) a water aqua exclusively in the deep end! 30 minutes of a true no-impact workout!

GENTLE YOGA- A 60 minute class of stretching, light postures with breathing techniques & light meditation.

INTERMEDIATE YOGA - (All Levels) in this class, learn to steady the mind by connecting body to breath. With grace, we will move through sun salutations and flow sequences. Learn the fundamentals while exploring the creative side of yoga. Get ready to stretch, breathe, and smile. After all, who said yoga had to be so serious?

KICKBOXING- (All levels) 45 minutes of cardio format exercise martial arts style!

KICKIN-FIT & TONE- (All Levels) this workout combines Kick Boxing and Toning to Strengthen the entire body...

PILATES - (All levels) Improve flexibility, strength, balance & posture while concentrating on strengthening the "core".

SR AQUA AEROBICS - (Beg & Inter) a cardio & toning workout set in the water to reduce unwanted stress.

STEP "Instructor's choice" (All levels) This is a cardio step class of the instructor's choice. Instructors will chose form any type of step class. DON'T MISS IT!

SUPER ABS - (All levels) open to all members in the building!!! The 15 minutes class will be devoted exclusively to those ABS!!! Men, don't be discouraged from entering the aerobic room!

YOGA LITE - (Beginners & Inter) not ready for Power Yoga yet? Take this class first!! Learn the poses and breathing technique while lengthening muscles and strengthening your body.

ZUMBA- (All levels) Latin rhythms and easy to follow moves that feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning calories.



