

- Children 10 and up are permitted to participate in Group Exercise classes with a parent. However, children must be 13 to participate in Group Power and Group Cycle classes
- Some classes are meant to be more intense than others, but all classes can be modified for adults of all ages and fitness levels

## **Aqua Group Fitness Class Descriptions: 45 or 50 mins**

**Aqua Mix**—This class provides a combination water workout that includes cardio conditioning and muscle strengthening exercises along with water's natural resistance. Adults all ages and fitness levels.

**Aqua Boot Camp**—Nonstop cardio with strength and stability. Using the entire depth of the pool, be prepared for a good, tough workout in the water! Can be modified for all fitness levels. First 45 mins in shallow, last 15 mins in deep end.

**Aqua Tabata**—Tabata is intended to be a high intensity interval training. Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to provide noticeable results in a short amount of time. Work cycles are combined with rest cycles. Can be modified for all fitness levels.

**Aqua Zumba**—Make a splash by adding a low-impact, high-energy, aquatic exercise to your fitness routine. Aqua Zumba® is choreographed and blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Can be modified for all levels.

## **Land Group Fitness Class Descriptions: 50 mins unless otherwise noted**

**Basic Step**—classic cardio workout. It's lasted for decades for a simple reason: It delivers results. The "step" is a 4 to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles. Can be modified for any fitness level.

**Chair Yoga**—Experience the benefits of yoga, all from the comfort and support of a chair. The chair is also used for balance purposes. Great for the older population or beginners. Class is 30 minutes.

**Deep Stretch Yoga**—Focuses on lengthening and stretching muscles through extended poses, promoting flexibility and releasing tension. This practice can help improve range of motion, reduce muscle stiffness, and calm the nervous system

**Flow Yoga** – Fluid flowing movements working into each posture & breath, focus is on safety, flexibility, strength & alignment.

All levels are welcome but the ability to get up and down to the floor is recommended.

**Gentle Candlelight Yoga**— Includes gentle yoga postures from a seated, standing, kneeling or supine position. Each class includes breathing techniques and ends with guided meditation. This class is done by candlelight

**Group Cycle**— Ride a stationary bike to the beat of awesome music. Definitely intense and fast-paced, but it's a great low-impact class for any fitness level. \*\*Must be age 13 to attend

**Group Groove®**—a dance cardio experience that will make you sweat with a smile. You'll experience a fusion of club, hip-hop, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! IF YOU CAN MOVE, YOU CAN GROOVE! All Levels

**Group Power®**—is a results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training. Can be adapted for any age or fitness level. \*\*Must be age 13 to attend

**HIIT**—Come enjoy an energizing circuit class using intervals of cardio, weights, body weight, and plyometric moves to work your entire body. Great functional fitness with modifications for every level.

**Pilates**— Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. All levels welcome but we do get down and up from the floor.

**Sculpt & Tone**—Develop all of your muscles and have fun while doing it! All levels welcome. Great for Active Older Adults

**SilverSneakers Circuit®**— This class combines low-impact cardio, functional strength training, core and stability. Participants will alternate between standing and sitting, with weight and/or resistance bands. A chair is used for support and modifications. Designed specifically for older adults, any physical ability.

**Strong & Sweaty**— First half, get sweaty with easy to follow hi-lo cardio. Second half, challenge yourself with weights. Great full body workout with modifications for any fitness level.

**Stronger Longer**—Designed specifically for aged 50 & up who want to maintain or improve strength, balance, flexibility, and cardiovascular health. This is a low impact, full-body workout. Basic movement ability is necessary and will require the ability to get on and off of the floor.

**Tai Chi Flow**—Gentle movement and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements, connecting the mind and body, improving balance and overall wellness Great for all fitness levels and can be done from a chair.

**Zumba®**— 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® Fitness classes are often called exercise in disguise. Great for all fitness levels.

**Zumba Gold Toning®**— Blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Tailored for active older adults and beginners, but also great for all ages and fitness levels.