

### **Strength and Conditioning**

**360° Training** is a combination of plyometrics, agility, balance, core and weights to get a total-body, 360° training. In this 55-minute class, plan to use all types of equipment, do all types of exercises, and get a complete workout.

**A.B.T. (Abs, Buns & Thighs)** is a combination of strength enhancing and muscle toning exercises targeting common problem areas. In 45 minutes, you will use body and equipment resistance, feeling that burn in your quads, glutes, hamstrings, and of course the abs.

**All Ages and Stages** is 50 minutes of strength and cardiovascular training geared toward the improvement of core, balance, joint stability and staying independent. Getting up and getting down on the floor is a must for this class. The goal is to help you live stronger longer!

**Be Fit for Life** is a 55-minute combination class that alternates strength training using dumbbells, bands, gliders, BOSUs and stability balls with cardio or plyometric moves designed to sculpt each muscle group. Instructor will show modifications for every move to accommodate all fitness levels.

**BODYCOMBAT®** by Les Mills – one try and you will be hooked! BODYCOMBAT is a mixed martial-arts inspired class for anyone at a moderate fitness level, because the moves are simple and easy to follow. The choreography targets muscle toning and conditioning, promotes agility and coordination, and works to build speed and agility. Routines change every 8-12 weeks to break plateaus and keep results coming.

**BODYCOMBO** is a combination of the popular Les Mills BODYCOMBAT® and BODYPUMP® in a 60-minute total-body blast!

**BODYPUMP®** by Les Mills is a worldwide program offered at thousands of gyms. This is the original total body BARBELL workout. You are led to perform traditional weight room exercises like squats, presses and lifts targeting all muscle groups of the body. The music, exercises and instructors take you to a new level of weight lifting. Routines are 60 minutes long and change every 8-12 weeks to break plateaus and keep results coming.

**CORE de FORCE®** is a 50-minute high intensity interval class utilizing blocks of MMA-style moves, strength conditioning and high intensity cardio. You will blast calories, burn fat and sculpt your entire body in this high-energy class. All fitness levels are welcome – modifications are always offered.

**Insanity®** offers 30-45 minutes of total body conditioning, complete with high intensity cardio moves, plyometrics, balance work and agility drills without the use of external weights or other equipment. Each week you will get better and do more.

**Insanity®/P90X®** - you will get 30 minutes of Insanity total body conditioning plus 30 minutes of the popular full body resistance program P90X®.

**Multi-Sport Training** is a full-body workout with exercises designed to challenge your balance, agility, strength and endurance. While working out for time or at your own pace, you will perform multi-functional exercises using dumbbells, bags, balls, barbells, ropes...just about anything you can think of. Whether you are training for an obstacle course race, a triathlon, or just need a challenging interval workout, this intermediate to advanced fitness class is for you.

**PiYo Strength®** is an athletic blend of Pilates and Yoga. Enjoy this unique combination class to lengthen and strengthen your muscles.

**Solid Circuit Fitness** is 60-minutes of full-body fitness using every square inch of the basketball court. While using such training strategies as high-intensity intervals, multi-joint resistance exercises, dynamic moves, and plyometrics, members will move through different stations, pushing and competing with their fellow classmates to get a big calorie burn. All fitness levels are welcome.

**Stepaholics** is 45 minutes of intermediate to advanced step choreography for step lovers. Step aerobics increases your cardio and calorie burn, challenges your balance while sculpting the legs and core. Add face-paced, fun music to the mix and you have got yourself a great workout!

**StreamLine Sculpt** - Burn calories, sculpt, and increase muscle tone, while shaping your muscles in 60 minutes. This class combines the core-focused strength of Pilates with the fluidity of Yoga style movements.

**TR Flex™** is 45 minutes of strength, core and flexibility exercises. You will use the TRX® bands and your body weight to set the intensity of the workout, combining with gravity to develop lean, strong muscles, improve your core and balance and increase flexibility.



## AQUA CLASSES

**Aqua Motion** Combining the simple equation of Water + Music + Resistance Exercise = A great way to get fit and keep your body in motion. You will use different resistance equipment in the cool waters of the lap pool and rock your cardio endurance, your strength and your core.

**Aqua Zumba®** Take your water exercise to a new level with Latin/International-inspired dance moves. This pool party will be a great workout for all fitness levels.

**Early Morning Aqua** Wake up to 60 minutes of cardio, strength and flexibility exercises that will give you a great workout while still easy on your joints.

**Evening Water Works** End your day with a fun and complete warm water workout in the resistance pool. Using different equipment and your own body resistance get fit with the upbeat music and ever-changing strength and cardio moves. Because...water works!

**Hydro-Blast** incorporates cardio, strength, and core into 60 minutes of fun. This class has one simple equation: Water + Music + Exercise = A Great Way to Get Fit!

**Noon Water Works** Same great class as the evening happens mid-day...same soothing warm water workout!

**Wave Dancing** 60 minutes of the best low impact aquatic dance movements combined with strength training segments to work your whole body. It's so much fun you will never know you are working out!

## ZUMBA® & DANCE

**Cardio Beat** Come burn a ton of calories to current hits and old favorites in this high energy class. Cardio dance and toning using drum sticks and other equipment create the ultimate fun combination workout.

**HipBox®** is the combination of exciting Hip Hop dance moves and aerobic kickboxing all rolled up in to one. Come join in for a 40-minute energy-charged cardio workout with jammin' music and a fun, safe environment.

**Zumba®** is exhilarating, caloric-burning, body-energizing, Latin/International-inspired dance fitness! The cardio-based routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. It's fun, easy, effective, and anyone can do it! Ditch the workout and come join the Zumba® party!

**Zumba® Gold** is the same famous Latin/International-inspired workout designed for the active older adult or the Zumba® beginner who wants to learn the dances at a slightly slower pace. The design of the class introduces easy-to-follow Zumba® choreography, including chair routines, which focuses on balance, range of motivation and coordination. Come join the party for the first time!

**Zumba® Toning** Take the same wild Zumba® workout and add light-weighted maracas for a total body toning and super-sculpting experience.

## CYCLE CLASSES

**Cycle** is a 45 or 60-minute aerobic-based workout that burns a ton of calories. This great workout improves cardiovascular endurance and strengthens the heart. Each participant is in control of the speed, intensity and resistance of his or her own bike. Along with the room's special visual effects, this workout will leave you feeling completely invigorated!

**Cycle/Pump** is 30 minutes of cycling followed by 30 minutes of strength training or a combo class geared to improve strength. This is the perfect combination for the ultimate workout!

**Cycle Core** is 45 minutes of cycle and 15 minutes of core. Each participant is in control of the speed, intensity and resistance of his or her own bike. Any level will benefit from this class.

**HIIT It** is a 30 minute high intensity interval cycling training class that will get you to your maximum calorie burn quickly and get you on with your day.

**Peak Cycle** is a 45 minute "technical" ride with choreography and cuing based on your individual training zones, which we will test every 6 to 8 weeks to see fitness improvements.

**Power Cycle** is an interval class mixing high-intensity cycle with strength, core and plyometric moves off the bike. The class will work in 4-minute intervals and the instructor will coach combinations that will challenge all fitness levels. A fun, action-packed 45 minutes of sweat is waiting on you!

**Spinergy** is a high energy class, combining high and low heart rate intervals with quick bursts of energy. Just 45 minutes and you will burn some major calories!