

## Class Description

### Strength and Conditioning

**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 60-minute combination class that alternates strength training using dumb bells, 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 55-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.

**Get Shredded Circuits-** 60 minutes of cardio and strength combination exercises using the TRX, bands, weights, barbells, steps, BOSU's, balls and your own body. Total body movements will help you gain overall strength and endurance to help make a better you. And, with exercises changing all the time, you will never get bored with your workouts! All fitness levels welcome.

**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.

**Punch & Crunch** is a 60-minute fat-blasting workout incorporating boxing and kickboxing combinations, cardio and body weight moves in timed intervals. Burn inches in your midsection and feel the power throughout your entire body with this mixed martial arts-inspired workout. All fitness levels welcome!

**Stepaholics** is 45 minutes of intermediate to advance 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!

**Stream Line 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 Fie"X"** 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!

**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®

**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 motion and coordination. Come join the party for the first time!

**Zumba® Gold Toning** blends the strength-training techniques of Zumba® Toning with the modified-moves of Zumba® Gold to create a workout for the active older adult and the Zumba® beginner.

**Zumba® Sentao** combines strength training with innovative dance moves, using a chair as your dance partner. This high-intensity workout focuses on defining muscles, improving overall cardiovascular health, and burning major calories in the process.

**Zumba® Step/Toning** Through the use of light-weighted maracas and an aerobic step, feel the beat and learn how to use your own body weight to enhance muscle strength, improve definition, and endurance.

**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.

**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!

**All classes are first come first serve. Please do not save bikes or equipment.**