



### STRENGTH AND CARDIO CLASSES

**All Ages and Stages** is 45-60 minutes of strength training geared toward the improvement of core, balance, joint stability and independence. The goal of this class is to help you live longer, stronger!

**No Boundaries Seniors** is a combination of strength training and cardiovascular workout utilizing steps, balls, BOSU balls and much more.

**Cardio Crazy** is 60 minutes of low impact aerobic workout using medicine balls, gliding discs, body bars, and much more. This class is keeping cardio fun!

**BODYPUMP®** by Les Mills is a world wide 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 change every 8-12 weeks to break plateaus and keep results coming. Cost is \$3.00 per class, or you may purchase a 10 visit punch card for \$20.00.

**BOSU Madness** is 45-60 minutes of total body cardio utilizing the BOSU. The cardio portion is a mix of high and low intensity footwork patterns on the BOSU that will increase your cardiovascular fitness, balance, and coordination. The abdominal segments are designed to target your entire abdominal wall as well as those hard to train obliques. This class is crazy fun!

**The "Best Of" All Levels** is 60 minutes of a combination workout that features low intensity floor aerobics for all levels, a taste of Zumba for all levels, with a yoga style cool down and flexibility training for all levels. This class will provide a great workout with gentle modifications for those who need it, as well as ways to take your strength, cardio-vascular endurance and flexibility to the next level.

**Cycling** is a 45 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!

**Easy Riders** is 30 minutes of introductory cycling for anyone new to cycling. Come enjoy a great ride that takes you through the normal cycling drills in less time. This class is a great starter for a beginner to cycling, OR a great class for those who want to get in, get fit and get going!

**Flirty Fitness** – Kick back, let loose and join a one of a kind dance workout with wild moves to keep you smiling and laughing the calories off. You'll come in thinking it's an aerobic class, but you will leave thinking you have been to a dance party!

**Hip Hop Hustle®** Burn up the dance floor and burn calories too! Hip Hop Hustle™ blends hip hop and dance moves, making them simple and easy to follow! Anyone can do this! This workout feels more like a night on the town than exercise. Drop the pounds and get rapid results while you dance, dance, dance! (45-60 minutes)

**LeanXtreme** is a power packed 60 minute workout guaranteed to get you the lean physique you've always wanted! This class utilizes muscle-confusion techniques that involve compound exercises with dumbbells, body weight and bands. Include short cardio blasts in this mix and you've got muscle building and fat blasting at its best.

**Virtual Cycle Training** opens up the cycling studio for the member to participate in virtual reality cycling. We use the projector in the studio to ride through various types of scenery and locations. You will actually feel like you are on the road while being coached on proper form and technique. Workout length varies. No instructor present. You may take these classes at any time. Request set up from a fitness staffer at the trainer's desk.

**Step Express** is 30 minutes of energizing step that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from a great cardio workout that pushes fat-burning systems into high gear. The slanted riser will be integrated in this class occasionally.

**Step Xpress High Level and Stepaholics** is 45 minutes of step taken to a higher level with more time on the step as well as more advanced combinations. The slanted riser will be integrated in this class occasionally.

**Kickbox Xpress** entails 30 minutes of the ultimate cardiovascular challenge complete with a sporty warm-up, intense intervals, simple combinations and kickboxing specific endurance training.

**Turbo Kickboxing®** combines the best of two worlds: martial arts and group exercise. This is the ultimate 45-60 minute cardiovascular challenge with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength and endurance training and a Tai-Chi like cool-down.

**Power Hour** is 60 minutes of a highly-efficient high intensity total body workout that utilizes weight training equipment including dumbbells and bands, to strengthen muscles, joints, and boost metabolism for increased results.

**Silver Sneakers® Muscular Strength and Range of Movement** is 60 minutes of fun, varied exercise set to music and designed to increase muscular strength, range of movement and ease the activities of daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

**Silver Sneakers® Cardio Circuit** offers fun combined with fitness emphasizing cardiovascular and muscular power with a standing circuit workout. This class uses hand-held weights, elastic tubing and a silver sneakers ball, alternating strength with non-impact aerobic choreography. The chair is offered for support, stretching and relaxation exercises.

**Express Circuit Training** is 30 minutes on the fitness floor utilizing the strength training equipment to get a total body workout. You will circuit from machine to machine with the instruction of a personal trainer to obtain a full body workout. Get in, get fit and get out!!

**Cycle/Pump:** 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!

**Zumba®** is one exhilarating hour of caloric-burning, body-energizing, Latin-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!

### MIND & BODY CLASSES

**Gentle Yoga\*\*** – 60-70 minutes of yoga fundamentals for both beginners and advanced.

**Night Moves Gentle Yoga\*\*** - Release body tension and distress with a unique blend of postures and relaxation. This is a perfect way to end the day.

**Mat Pilates** – 60 minutes of a system focused on improving flexibility, strength and body awareness, without building bulk. Pilates key elements are core muscle strength and spinal alignment. Your instructor will continuously prompt you to concentrate deeply on your core muscles, as well as on breathing, the contraction of your muscles and the quality (not quantity) of your movements.

**Pilates All Levels** – Pilates for any level with gentle introductory exercises as well as coached methods for advanced strength and core improvements.

**Pilates Reformer** - The Pilates reformer is a versatile, user friendly apparatus used to strengthen and stretch the body and improve coordination. This system of over 500 controlled exercises offers a balanced blend of training that creates long, lean muscles without bulking up, improves posture and reduces stress. Classes are 55 minutes in length. This class requires a reservation and additional fee. Please inquire at the Member Services desk.

**Reformer Fundamentals** - Learn basic philosophy and techniques of the reformer and over 30 movements. Individuals should attend a minimum of four fundamental classes before moving to the intermediate level class. (60 minutes)

**Reformer Intermediate** - A second tier of coordinated movements and greater resistance are added to what is taught in fundamentals, making this a more challenging class.

**Pilates Reformer Jump Board Training** – This is 25-30 minutes of a cardiovascular workout for the intermediate and advanced student. This up beat repertoire incorporates fun choreography that burns calories and challenges the core.

**PiYo®\*\*\*** - An athletic blend of Pilates and Yoga. Enjoy 60 minutes of the unique combination class to lengthen and strengthen your muscles.

**Restorative Yoga\*** – 60-70 minutes designed for the ultimate relaxation of the mind, body and spirit. This class is a therapeutic escape from the daily stresses of life. This class is also beneficial for managing conditions such as diabetes, high blood pressure, arthritis and cancer recovery.

**Tai Chi** – 60 minutes of an ancient art that uses gentle flowing movements to reduce the stress of today's busy lifestyles, all the while improving health. Practiced regularly, tai chi can help you reduce stress and enjoy other health benefits such as increased flexibility, increased muscle strength and definition, increased energy, stamina and agility and an overall increased feeling of well being.

**Vinyasa Multi-Level\*\*\*** – Enjoy this energizing style of yoga in which breath and movement are synchronized to build heat and revitalize the spirit. This type of yoga is recommended for the most experienced yogis. (60-70 minutes)

**Yoga Fundamentals\*** – 60-70 minutes for beginners. The fundamentals of yoga are building blocks for a strong yoga base.

**Power Yoga\*\*** – 60 minutes of strength building poses guaranteed to heat the body and challenge the muscles. Power Yoga is a resistance training workout for the total body.

**Silver Sneakers® YogaStretch\*** will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

\*No experience needed

\*\* Yoga fundamentals helpful

\*\*\* Yoga experience recommended

### AQUA CLASSES

**Aqua and Early Morning Aqua** is 60 minutes of lower impact exercise that elevates the heart rate and improves muscle strength. Enjoy the music and company as you get a great workout!

**Aqua Combo** – Enjoy a unique combination of new formats taken to the water. This class will include water dancing, water strength training and other fun ways to spice up your water workout.

**Aqua Zumba** will take your water exercise to a new level with Latin inspired dance moves. This pool party will be a great workout for any levels or ages. Class is held in the first two lanes of the lap pool. Class size may be limited due to space.

**HydroFit** is 60 minutes of a water workout that includes a higher intensity aerobic segment followed by strength, toning, and stretching in the water.

**Aquacisers** is 60 minutes of fun water aerobics designed for both young and young at heart. This class works all major muscle groups and includes 10-15 minutes of stretching, a 20-25 minute cardiovascular workout and 20-25 minutes of toning and "warm down."

**Silver Splash** is designed for older adults who may have limited mobility or other concerns. Fun, but challenging, this low impact class will enable you to maintain or build your fitness in a social atmosphere. This class is also good for those recovering from surgery or those who may be beginning a new fitness program.

**Family Swim** is open for any age children included on a family membership. Any age, including newborns, can use the pool with their parents. Parents must accompany all children under age 15. **Friday 6:00 to 7:30 p.m. Saturday and Sunday 1:00 to 7 p.m.**