

**Advanced Cycling** - advanced indoor cycling class includes structured, high intensity interval workouts that will challenge you aerobically and anaerobically.

**Aqua Yoga** - takes the principles and movements of **Yoga** and adapts them to the **water** environment.

**Aqua Zumba** – Class held in shallow end. A high energy dance themed exercise class.

**Back to Basics** – Workout that EVERYONE can do! A slightly slower paced total body workout with cardio and strength components, Fitness 101 at its best!

**Barre** – Fun and innovative, ballet/Pilates inspired workout designed to tone, sculpt and reshape your body while increasing flexibility and improving balance. Barre exercises rely mainly upon one’s bodyweight for resistance, are low-impact, and the moves challenge your core stability and balance. This class is appropriate for all ages and fitness levels.

**Body, Mind Workout** - Learn the perfect exercise to develop balance and breathing techniques, feelings of health, strength and well- being while increasing the body’s energy (CHI). Let us help you feel healthy and lift your spirits.

**Body Sculpting & More...** - Also known as weight training, resistance training and strength training, is a form of exercise using various types of weights along with body weight to give you tone and sculpted muscles!

**BOSU Boot Camp** – A challenging class that incorporates the use of BOSU balls, which focus on the core, multi-impact moves, toning, drills, and various other equipment.

**Box Fit** - The perfect combination of cardiovascular and muscle training. You’ll burn more calories, develop and tone more muscle in a boxing workout more than you will with any other training method. Be fit like a boxer.

**Box Sculpt** - A strength style circuit class to wake you up! Feel strong while boxing on the heavy bag, shadow boxing, and strength training! Top it all off with a bit of core training too!

**Cardio Intervals** - A great cross training class that combines a variety of cardio segments with toning exercises to get your body guessing and keep your workout interesting!

**Crossfire** – Constantly varied functional movements performed at a High Intensity that keeps your heart rate elevated for the entire hour. Class is limited to 15 participants in order for the instructors to coach, spot and teach safely.

**Cycling** – A challenging group cycling class. Instructors will utilize various training techniques and motivational strategies to simulate actual outdoor riding experience.

**Deep Water Workout** – A high intensity, low impact aqua class, held mostly in the deep end of the pool. Must be comfortable with a flotation belt.

**Floor, Core & More** - Addresses core strength, muscle endurance, range of motion/flexibility, joint stability, balance, coordination, and more.

**Gentle Yoga** – appropriate for those who want a softer, nurturing, slow-paced, well-supported and relaxing practice.

**Have a Ball** – Class is designed to teach stabilization and exercise techniques using the resist-a-ball.

**Insanity** – Find out what you’re made of! If you want an insane body, it’s time to do something crazy. Get insanely shredded!

**Joint Effort** – Aquatic exercise program especially designed to help improve muscle strength and flexibility with the aid of the water’s buoyancy.

**Junior Bootcamp** - Geared towards kids (9-12 yrs). Fun-filled class consists of sports drills, body weight exercises, circuits and interval training.

**Meditation** –practice mindfulness-based meditation and explore other meditation and relaxation techniques. Leave class feeling clear, calm and centered.

**Pilates** - a system of physical conditioning involving low-impact exercises and stretches designed to strengthen muscles of the torso

**Pilates Burn** – A series of mat exercises using Pilates techniques, improve strength, breathing, flexibility and balance while burning calories. The perfect complement to all forms of exercise.

**PIYo** – A class that combines muscle sculpting, core firming pilates, with strength and flexibility advantages of yoga. We add a bit of speed to it and you end up with a fat burning low impact workout!

**Pound** – A Pilates based program, with a combination of cardio and strength with “constant simulated drumming.” Yes, as in with drum sticks.

**Power Pedal** - Pedal through hill climbs, sprints, and many other challenging drills and exercises

**P90X** - An interval or “rounds” style class, that anyone can do! Weights, Bands, Bars and more are used, work at your own pace and get your “sweat on”!

**Ride the Rhythm** - Using the rhythm as your guide, the music’s highs and lows will push you through endurance runs, climbs, intervals, and sprint drills.

**Silver Sneakers** – Have fun and move to the music through a variety of exercises to increase muscular strength, range of motion and activity for daily living skills. Hand held weights and a ball are offered for resistance and a chair is used for seated and/or standing support.

**Step & Strength** – Get your cardio and strength all in one class! This class will utilize the step for cardio segments and weights, bands and bars for strength segments, be prepared for a TOTAL body workout!

**Strength & Balance** - Improve your posture and increase your Strength and Stability.

**Swimnastics**- Class held in the shallow and deep end of the pool. Low impact aqua aerobics class that will improve strength and flexibility through aerobic conditioning.

**Tabata** - one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval.

**Tone & Sculpt** - focus on adding definition to your physique with high reps and low weight.

**Total Body** – Using weights, body bars, balls, bands and more! This workout promotes muscular endurance, strength, flexibility and proper body alignment.

**Tai-Chi** – reduce stress and anxiety and also increase flexibility and balance.

**WEIGH Hard Workout** – An interval class that BURNS THOSE CALORIES! Weights and Bars will be incorporated to PUMP UP your strength component...and don’t forget about the energizing music that keeps you going till the end! Be prepared to sweat!

**YASNAC (ages 13and up)** – Young Adults special needs aqua cardio class. A weekly shallow water class with activities such as aqua Zumba, kickboxing, calisthenics and fun.

**Yoga** – This class explores asana alignment, Vinyasa flow, proper breathing and relaxation. Build core strength, flexibility and balance of mind and body.

**Yoga for Active Adults & Chair Yoga** – For our older adult population, this is a gentle class incorporating range of movement exercises, alignment, stretching, strengthening, awareness, breathing and relaxation to refresh, energize, improve posture, deepen breathing and improve sense of well-being. *In addition, it is a chair-supported or chair-based class*

**Yoga Basics** – In this class for all levels, the instructor will introduce you to a wide array of yoga poses with options for students of all abilities. There will be a focus on safe alignment and mind-body-spirit connection in an environment where everyone will feel comfortable and supported, yet challenged.

**Yoga Flow** – This class will build strength, flexibility and balance in body, mind and spirit. Poses are linked with the breath to create a synchronized flow.

**Yoga for Men** - Here’s how to use yoga to your advantage for increased flexibility, stability, sports performance, and overall stress-relief.

**Youth Circuit** - Kids will use a variety of equipment and body weight to help build strength in all areas of the body. No choreography, just a fun workout!

**Zumba** – Zumba is a Latin Dance inspired cardio workout. High Energy, motivating music and unique moves!

**Zumba (Challenge Program)** – Special needs young adults join the party! Familiar songs. Easy to follow dance steps and fun!

**Zumba Tone**-- "Shake it. Tone it. Rock it. The Latin-Inspired Dance-Fitness Party. Serious Body Sculpting for Party Animals".