

CLASS DESCRIPTIONS

Body Barre- Basic Body Barre is a safe, effective, low impact workout. Benefits include improved posture, breathing, flexibility, coordination and balance. An ongoing challenge offers strengthening, sculpting and a sense of a healthy mind/body connection. Designed for all ages, the Body Barre Workout offers impressive results with a total body workout that lengthens lifts and tones. Core strength, long lean muscles, and agility are expected results from this hybrid of classic ballet technique and Pilates breathing and flexibility.

Basic Step/Sculpt: If you're a person who loves to take step aerobics for all the fun, music, and the quick results but it's a little too challenging then the Low Impact Step Class is for you. This class is perfect for beginners to learn all the basic moves and get a great workout.

BOOM: Have you hit a fitness plateau? Can you handle a challenge? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance. These classes will challenge you, but don't worry: One-handed pushups aren't required.

Cardio Mix: Easy to follow, drill based cardio exercises set to music. This class is designed to elevate your heart rate as well as challenge your muscles and increase your strength and improve your definition.

Metabolic Conditioning: During this class you will be performing a combination of compound movements with little rest in between, in order to make your body into a fat-burning machine. The best part, it never gets boring because it consists of many different types of exercises, including body-weight movements, plyometrics, and resistance training. Increase your metabolic rate NOW!

Pedal & Pump: Get the best of both worlds with this Pedal and Pump class! This class is a mix between cycling and weights to increase cardio endurance and muscle strength.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers® Cardio: Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SilverSneakers® Yoga: Yoga Stretch 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 final relaxation will promote stress reduction and mental clarity.

Strength Training: Reclaim your body and cross-train for improved overall fitness. We mix it up with our Precor Cardio Machines, Nautilus Circuit Training Equipment and our Group Fitness Studio tools to increase physical strength, flexibility, and cardiovascular health. This physical challenge will keep you coming back for more. *(If you have not used our strength training circuit machines, please schedule a FREE orientation before taking this class.)

Tai Chi I: Introduction to Tai Chi. Learn the movement and form in a slower and controlled environment if you're new to this type of martial art practice.

Tai Chi II: Combine basic Chinese principles in a combination of movement and energy. Based on relaxation and awareness, this even-keeled martial arts practice reduces stress while increasing overall body awareness through balance, coordination, and proper alignment.

Tai Chi for Diabetes: A safe and easy form of Tai Chi with the main goal of assisting students of all ages and abilities in handling their diabetes and improving their quality of life.

TRX®: Suspension Training workouts give participants an edge over a pure protocol of conventional strength training. Why? Because every Suspension Training exercise builds true functional strength and improves flexibility, balance and core stability all at once, as is required on the playing fields of sport and in life, space is limited to 8 open spots.

TRX Rip Cord®: Rip Cord training uses leverage –variable resistance exercise movements, coaching cues and programming and educational principles using the rip trainer. These training movements rely on a lever bar and resistance cord for variable resistance training that provides an ideal mix of rotation, core stability, control, power, balance, and coordination. Space is limited to 8 open spots

TRX Combo: A combination class with different circuits using the suspension ropes and the rip trainer. Class is limited to 16 spots.

Y Cycle: Get ready to be transformed, as you climb and sprint your way through one of our indoor cycling sessions. Indoor cycling efficiently combines strength and cardio training backed by science and driven by pulsing music to move you towards your body goals. Whether you're an avid outdoor cyclist or a weekend warrior, we have a cycling training session for you. Come on. Let us take you for a ride.

Y Firm: An intense workout focusing on weights and high reps using body bars, dumbbells and bands. Increase your strength and improve your definition while working your muscular endurance.

Yoga: A balanced and innovative approach to the traditional and popular Eastern practice combining elements unique to each instructor's experience and incorporating work from various styles including Hatha and Vinyassa.

Zumba®: This class features exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba fitness party.

Classes are subject to change. Please refer to the fitness class bulletin board for the most updated information.

For questions, concerns, or suggestions, contact the Health & Wellness Department at 543-5151 x323.