

## Group Fitness Class Descriptions

**Aqua Zumba:** A safe, challenging, water workout that's cardio-conditioning, body-toning, and most of all, fun!

**Cardio Core:** Designed to keep your heart rate elevated and your core activated. This class incorporates functional moves and traditional exercises to support a strong core and a healthy heart. A variety of moves for short intervals will keep both your mind and body busy!

**Cardio Cycle:** Ride indoors! This class will get your legs moving and your energy level up. Includes climbs, sprints, and lots of fun!

**Chair Yoga:** Chair yoga adapts traditional yoga positions and poses by using a chair as needed. It is suitable for most ages, fitness levels, and physical conditions.

**Dance Cardio:** Fuses musical rhythms and choreographed dance moves together to create a dynamic workout that is designed for fun (and a good workout!) in mind. Moving to the music allows your mind to relax while your body is in constant motion.

**Fit Forever:** A senior based class that focuses on strength, endurance, and flexibility. Work out with friends and meet lots of new ones.

**Gentle Yoga:** Focus on improving your balance and flexibility while lowering your stress level. This class is great for beginners.

**Kettle Core Fusion:** Build strength using a blend of kettlebells, dumbbells, and yogalates! A 60 second on and 30 second off 45 minute workout followed by a 15 minute yoga cool down.

**Kettlebell Yoga:** Kettlebell and yoga are the perfect combination for the ultimate workout. Kettlebells have multiple benefits including cardiorespiratory fitness and muscle strengthening. After 25 minutes of kettlebell, the class moves into 30 minutes of specific yoga poses to target specific muscle groups. A meditation practice will wrap up the class to blend everything together. Come for the entire class or just your favorite part!

**Pilates:** A non-impact class focusing on strengthening the core while also improving balance.

**Riverwalk:** Come walk against the current of the lazy river for a safe, yet effective low impact workout.

**Silver Sneakers 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 Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Stability Strength:** This total body strength class focuses on all the major muscle groups using a variety of repetition ranges and speeds to maximize muscle fatigue while prompting muscle growth as well as stability of the vital core muscles.

**Step & Tone:** This class is designed with the beginner in mind. Step aerobics will tone your glutes and legs, build stamina, and increase endurance. Using a step platform, participants will step to the rhythm of the music with easy, fun choreography.

**Steppin' Up:** It's your first step to a better body! Build stamina and burn fat through varied athletic and dance based aerobic routines using an adjustable platform.

**Tabata:** A high intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. For competitive athletes, professional trainers, and even casual exercisers, Tabata is a highly efficient method to achieve maximum results by helping you burn fat, build muscle, and increase endurance.

**Zumba:** High energy and motivating music plus fun and exciting moves equals a fantastic group workout experience.