

# Group Exercise

## Class Descriptions



### Cardio, Strength & Toning

**Indoor Cycle:** This class is for beginners or seasoned athletes. You will experience fun music and motivating coaching to lead you up hills, across flat roads and pushing through sprints all at your own intensity.

**TRX Strength & Balance:** A gentler version of our TRX class focused on building strength and improving balance. A great introduction to TRX training.

**T.B.C.:** This is an energetic workout that includes strength, cardio and core in one workout.

**Bootcamp:** A popular interval class that mixes calisthenics and body weight exercises with cardio and strength training.

**Cardio Sculpt:** Simple, heart pumping step aerobics routines combined with strength training intervals to give you a complete cardio and strength workout.

**Pump-N-Tone:** This class is a strength based workout to music. Men and women are invited who want to sculpt their body. This is a great way to introduce weight training into your fitness regime all while burning 600 plus calories per class.

**Cardio Interval:** High intensity cardio alternated with recovery periods of lower cardio intensity.

**HIIT:** This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind.

**Core/Stretch:** All body stretch using movements that flow smoothly to increase flexibility, decrease muscle tension, develop core strength, and improve muscular balance.

**Active Strength Training:** Incorporating all elements of fitness, this will build you strength, flexibility and balance all in a supportive group environment.

**Gentle Stretch & Strength:** An appropriate class for all levels from beginning students or those recovering from illness or injuries. This class will consist of flowing non-strenuous movements to gently stretch muscles.

**Zone Training:** Participants will reach their maximum potential while maintaining control of their workout as they move zone to zone.

**Impact Zone:** This is a high impact base training that combines boxing and kick-boxing on a heavy bag. This full body workout will improve your aerobic fitness, increase your power and strength, improve your coordination and core stability, decrease stress and improve over all body shape.

**Combat Zone:** This high intensity functional combat-style training combines weights, TRX, battle ropes, body weight and other "surprise" equipment. This class will enhance strength and power, increase speed, agility and endurance and optimize flexibility and mobility.

**Cardio Drum-N-Sculpt:** This is a fun total body fusion of drumming, stability ball work, cardio and strength. All fitness levels are invited. Flexibility and balance will also be incorporated while letting the music help move you to the next level.

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### Water Classes

**Shallow Water:** When you take our shallow water class, you get all the benefits of a group fitness class without the impact on your joints. We will help you develop muscle tone, endurance and flexibility. Resistance equipment may be used. This is a great class for beginner, intermediate and advanced fitness levels.

**Deep Water:** Our deep water aerobic class is designed to improve your cardiovascular system while building strength and flexibility but avoiding wear and tear on your joints. No previous swimming instruction is required.

**Gentle Waves:** What do you do when you “graduate” from physical therapy? Start coming to the pool! Learn how to keep moving beyond your therapy utilizing the shallow water and different pieces of equipment. This class will increase your strength, range of motion, endurance all while having fun.

**Water Warriors:** A challenging deep water based workout that will have you in and out of the pool. You do not need to be able to swim, but you will become stronger and more confident in the water. Goggles are recommended. Ball, kickboards and weights will be used underwater, on top of the water and out of the water. This class is designed for swimmers who want a water and land challenge.

### Yoga and Mind/Body Classes:

**Gentle Yoga:** This class is geared towards those who want to learn the fundamentals of Yoga. Alignment principals, gentle breathing techniques, and basic poses will be taught at a slow pace for all levels.

**Chair Yoga:** For anyone who has ever hesitated to try yoga because of the challenge of getting down onto the floor or doing standing poses. Everyone from beginner to advanced is accommodated as each pose will be presented in multiple levels of flexibility. This class will include breathing, mediation, stretching, strengthening and a lot of fun all while sitting on a chair.

**Pilates:** Pilates is a muscle-sculpting class with the strength and flexibility advantages of yoga. The speed is cranked up to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean and incredibly defined.

**Yoga:** This class is geared towards those who want to be challenged more than in beginner yoga. Alignment principals, gentle breathing techniques and basic poses will be taught at a medium pace.

**Barre:** Barre fitness is an amazing workout that combines isometric strength training and high reps of small range of movement exercises all while engaging your core. You will work at the barre, center floor, the mat, and utilize small free weights, band and mini exercise balls.