

SPRING LAKE FITNESS AND AQUATIC CENTER

GROUP FITNESS CLASS DESCRIPTIONS

FALL 2022

LAND GROUP FITNESS CLASSES

Active Strength: Incorporates all elements of fitness, helping you to building strength, flexibility and balance in a fun and supportive group environment.

Cardio Drum-N-Sculpt: This a fun today body fusion of drumming, stability ball, cardio and strength. All fitness levels! Flexibility and balance will also be incorporated while letting the music help to move you to the beat AND the next level!

Chair Fit: Yoga in a chair is for anyone who has wanted to try yoga, but didn't want to get down on the floor or do standing poses. Everyone is accommodated as each post will be presented in multiple ways. This class included breathing, meditation, stretching, strength and a lot of fun while sitting on a chair.

Framework True fitness starts from the ground up. This class focuses on alignment of the structural elements of the body, and includes strength training, flexibility and cardiovascular training while improving balance and coordination.

Pilates Fusion is a muscle-sculpting class that focuses on core strength while offering deep stretching for flexibility.

TRX Training: Learn how to move and thrive in your life using the suspension trainer and more. Focus on the functional movement patterns: push, pull, hinge, squat, rotate, plank, carry, walking—movements that you use every day! Creative and fun workouts using TRX Suspension Trainer, RIP Trainer, battle ropes, kettlebells and more! Every class is a different challenge.

Yoga: Geared towards those who want to be challenged. Alignment, breathing and poses taught at an intermediate pace.

WATER GROUP FITNESS CLASSES

Deep Water: Improve your cardiovascular system while building strength and flexibility while suspended. Avoid wear and tear on your joints. A flotation belt is always offered but not necessary. No swimming skill required for this class that meets in the dive well of the competition pool.

Gentle Waves: Learn how to keep moving beyond therapy or joint replacement. Utilize the warm water of the Family Pool using the current, buoyancy and different pieces of equipment. You will increase your strength, range of motion and endurance all while having fun!

Shallow Water: This class will help you develop stronger muscles, endurance and flexibility. Resistance equipment may be used. This is a great introduction to water training for everyone. No need to be a swimmer, your feet will be on the bottom of the pool! Meets in the Family Pool.

Water Warriors: A challenging deep water workout. You do NOT need to know how to swim, but you will become more confident and stronger in the water. Balls, kickboards and weights will be used. Goggles are recommended. This workout is designed for swimmers who want a water challenge. Meets in the competition pool.