

Group Exercise Class Descriptions



Low intensity ☺

Moderate intensity ☺☺

High intensity ☺☺☺



Active Older Adults

-Senior Balance & Flex- Come enjoy this new class combining muscle tone exercises with balance challenges. Whether you are a beginner or one who is ready to enhance your existing routine, come ready to have fun with these new challenges!☺

-SilverSneakers® - Cardio Circuit- non-impact standing choreography alternated with safe, fun and effective exercises for upper body strength work. Chair for standing support "head to toe" stretch and complete relaxation in a comfortable position.☺

-SilverSneakers® - Muscular Strength & Range of Movement - have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and ball are offered for resistance; and a chair is used for seated and/or standing support. ☺

Cardio

-Bounding- this fun cardio class uses the "Rebounder". Use gravity and the resistance of the bounding mat to move and fire up your cardiovascular system! Feel the your cardio strength increase as you bound through this class.☺☺☺

-Cardio Dance- incorporates a variety of movements and styles. Be prepared for a high-energy cardio workout.☺☺

-Cardio Challenge- challenge yourself in this high-powered, fast moving class. A variety of cardio methods will be used. ☺☺☺

-Cardio Mix- a great way to mix up your routine while getting a wonderful cardio workout.☺☺

-Cycle - indoor cycling fun...BIG cardio workout that challenges both your aerobic and anaerobic energy systems and builds muscular power and endurance. ☺☺☺

-Kick and Core- gives you a great cardio workout. Also focuses on strength training. Includes punching and kickboxing techniques.☺

-Step - utilizes basic level movements sure to raise your heart rate.☺☺

-Step 2- requires some current step experience and utilizes intermediate to advanced level choreography to provide a challenge for the body and the mind☺☺

-Step Mix- the class can be geared to the member's skill level. A mixture of basic movements, with a touch of intermediate to advance moves☺☺

-Zumba - dance away your worries with motivating, high-energy music and unique Latin style choreography. ☺☺

Spirit, Mind and Body

-Belly Dance- joyful, creative, and empowering art. Combines isolated movements of expression with muscle control to tighten, tone, and shape the body, while providing a low-impact aerobic workout. No previous dance experience necessary! ☺

-Gentle Stretch Yoga- focusing on a more gentle yoga flow series to reduce stress and achieve a peaceful & relaxed state of mind and body.☺

-Pilates - work to perfect your alignment and posture as you strengthen your core muscles. ☺☺

-Power Qigong- a more dynamic Qigong for with a focus on core and lower body strength and the building of "Internal Power".☺☺

-Qigong- gentle movement, deep breathing, self-applied massage techniques and meditation help to stimulate the body's ability to heal itself. Excellent for improving range of motion, flexibility, balance and reducing effects of stress.☺

-Roll and Flex- self-massage and flexibility techniques. ☺

-Tai Chi- an ancient practice that incorporates slow breathing, mental concentration, and constant flow of controlled movements with various postures.☺

-Yoga- a "mind, body" class involving slow movements and "postures". Develops discipline, strength, balance and flexibility.☺☺

-Yoga Mix- slower paced yoga class with a variety of movements to improve flexibility, strength, balance, and improve the mind/body connection.☺

Water Classes

-Deep Water- this class is limited to the deep end of the pool. Increases buoyancy, increase resistance, and decrease stability requiring the core muscles to work harder.☺

-Raging Water- using the resistance of the current pool, you'll notice and increase need to work on your core. Focus on balance and increase your intensity.☺☺

-Raging Water/Yogalates- using the resistance of the current pool, with yoga and pilates techniques you'll notice an increased workout on your core, as well as balance, strength and intensity☺

-Water Intervals- focuses on cardio and strength.☺

-Water Works- a cardio and strength workout in the shallow end of the pool. ☺

Muscle Conditioning

-Core- core conditioning class primarily focuses on the abdominal and back.☺☺☺

-CSI/Core- this class will utilize a wide variety of equipment with athletic based drills and skills. A great high intensity workout with cardio and strength all in one. ☺☺☺

-Group Strength- muscle conditioning workout that builds muscular strength and endurance. ☺

-Powercut - join us for this mix of cardio and toning exercises designed to get your heart pumping while working a variety of muscle groups. ☺☺

- All classes begin with a warm up and end with a cool down and stretching. Most classes include abdominal work. Please make the instructor aware of any physical limitations you may have before the class. Remember to pace yourself and stay at your own level. Don't forget to drink plenty of water. Regular physical activity is necessary to develop and improve all components of fitness: cardiovascular, muscular endurance, strength, and flexibility.
- Classes are open to individuals 13 years of age and older. Athletic shoes and clothing are required.

